

BBC

NEW LOOK

November 2014
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goodfood

Middle East

EAT OUT IN THE WINTER SUNSHINE!

It's the season for
picnics, BBQs and
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Truffles

Defeat
DIABETES
with your diet

Gorgeous
gluten-free
bakes

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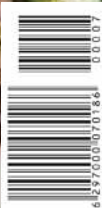


Nutritious
winter meals



Up close with
Wolfgang Puck

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Now open for voting!
bbcgoodfoodme.com/awards/2014
#bbcgfawards2014

Welcome!



Notice something different this month? Yes, we've unveiled a brand new look! I'm very excited about this bold, modern new logo that underpins how we are keeping up with the times, while maintaining our 25-year-old heritage (the *BBC Good Food* brand celebrates its silver anniversary this year). What does this mean for you? Nothing much, except you'll have to get used to this new look across all our platforms – the magazine, our website, our various other digital communications, events and of course, the awards. (Trust me, it won't

be hard!) Apart from that, we will continue to bring you our rich assortment of content, with a few new tweaks and updates.

One of which is the introduction of our new Editorial Panel. This seemed like an appropriate time to acknowledge the select group of industry leaders we work with closely – the local and international culinary heroes whose knowledge and expertise we rely on, and are privileged to be professionally associated with. Meet them on p7, as well as get a behind-the-scenes look at what we've been up to while putting this issue together.

The picture of our Marketing Manager, Marizel, chained to her desk working on the awards nominations doesn't do justice to the scope of admin work the awards involve. This year we've received a whopping number of nominations, and with an ever-growing list of categories, the team had their work cut out for them. But, the job is done, and the shortlists are out – you've got until the end of this month to vote for your favourites, so don't waste any time. Before we know it, it will be time to announce the winners at our glittering gala night in January. Can you guess what this year's awards night theme will be? The hint is in the design of all the messaging we've been sharing so far... go on, give it a stab. And don't forget to hashtag us with #bbcgfawards2014, so we know when you're talking about us.

While you're at it, do also share all your outdoor cooking and eating experiences this month with us on social media, and let us know if you found this, our gorgeous alfresco-themed issue inspiring. I'll be waiting to hear from you!

Sudeshna

Editor's picks

◆ These cups are almost too pretty to drink from! p11



◆ I'm always looking for gluten-free dessert options, so



I can't wait to try this new take on rice pudding, p66

◆ A bit of truffle honey drizzled over crackers can take a quick snack to a whole other level, p81



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Our recipe descriptions

- V** Suitable for vegetarians
- ❄** You can freeze it
- ❄** Not suitable for freezing
- Easy** Simple recipes even beginners can make
- A little effort** These require a bit more skill and confidence – such as making pastry
- More of a challenge** Recipes aimed at experienced cooks
- Low fat** 12g or less per portion
- Low cal** 500 calories or less per main.
- Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
- Good for you** Low in saturated fat, low in salt.
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids
- 1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving
- Vit c** **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

GLUTEN FREE Indicates a recipe is free from gluten

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork

🍷 Contains alcohol



Store Directory

Contact numbers for outlets featured in this issue

Ace: 04-3411906

Bloomingdale's Home: 04-3505333

Carluccio's: 04-4341320

Cities: 04-3434301

Crate & Barrel: 04-3990125

Home Centre: 04-3414441

Homes R Us: 04-4469820

Jashanmal Bookstores: 04-3406789

Kas Outlet: 04-4255949

Silica: 04-2525614

The One: 04-3955889

Virgin Megastore: 04-3414353

Note: Prices in Qatari Riyals are approximately the same as UAE Dirhams.

Your say

We love to hear from you!

FIRST TIME FOR EVERYTHING

I've never made anything for Halloween before, but now that my child is five, and wants to celebrate it, I have decided to. A few of his friends are coming over and all the adults will take them around trick or treating, so I can't wait to make the slime bug cups, scary bat bunting and spider nest cakes (*Eat, Drink and Be Scary*, October 2014). Thank you *BBC Good Food ME* for these wonderful recipes.

Anya Dean



A HELPING HAND

Hats off to *BBC Good Food ME* for publishing scrumptious, simple and healthy recipes, and for being a great help for culinary enthusiasts and foodies like me. Last week I had a few guests at home and I wanted to make a simple healthy salad. I made the delicious roasted grape, carrot and wild rice salad with balsamic maple dressing (*Well Dressed!* September 2014) and the mind-blowing Asian lamb and grapefruit noodle salad. It was so easy to make and moreover, I was glad that all the ingredients were easily accessible. My guests loved it so much that they went for a second helping. I also couldn't resist making



The winner of the Star Letter gets a **Dhs1,000 shopping voucher from Tavola**, the leading retailer of European products and essential items for the kitchen. Tavola is a one-stop shop for bake ware, tableware, high quality cookware and premium brands such as Mauviel, Le Creuset, and Zwilling kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.



Star Letter

KIDS IN THE KITCHEN

My 12-year-old son has been asking if he can help with the cooking for years now. Thinking about it immediately conjures fears of a child with sharp knives, hot stoves and boiling water, leading me to gently postpone his endeavours in the kitchen every time he asks. *The Cooking With Kids: Chicken Satay* feature (September 2014) was the answer to the problem of how to get my son started in the kitchen. It's a great recipe, got an easily accessible range of ingredients that we always keep in the house, and taught us about marinades, sauces and grilling. All fundamental cooking techniques that we use in our regular

meals. Kids love satay, and the only thing they love more than satay is taking pride in the fact that they helped make them. That's teaching children the joy of cooking, and getting to taste the outcome of their labour, which in turn teaches people about the love of recipes and food discovery for life. Can't thank you enough for helping us solve this conundrum!

Scott Richards



items from the lunchbox feature (*Pack a healthy lunchbox*, September 2014). Keep the great informative ideas coming! Thank you once again *BBC Good Food ME*.

Hannah Joji

WEBSITE WATCH

Just a quick note to congratulate you on your gorgeous website. I did not have a chance to

see it before, and surfed in today and loved it! You have done a fantastic job on the site – it is so inspiring. Thanks for a great read!

Lejla Charif



From our social media pages

- * Happy Anniversary BBC Good Food ME – *Rifat Tahir*
- * Thank you so much Ishita for sharing the Food Safari piece with us – it made our day! – *Barbecue Delights*
- * @Rachelannmorris loved your article on dining out alone in the September issue! Been meaning to connect with you since I read it! – *Nada Al Ghowainim*

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



@bbcgoodfoodmiddleeast



@bbcgoodfoodme

Or, you could write to us at:

The Editor, BBC Good Food Middle East.
Grosvenor Business Tower, Tecom, Office 804
PO Box 13700, Dubai, UAE.

Meet our Editorial Panel

The exclusive group of experts who are part of the **BBC Good Food ME** family:



Uwe Micheel A veteran chef, Uwe has been cooking since he was 12, and in the interim 30 odd years, he has picked up numerous awards, and has been serving as

President of the Emirates Culinary Guild since 1999. A member of several international chefs' groups, he is one of the UAE's most respected culinary personalities.



Alison Van Camp Nutritionist Alison has been promoting a holistic approach to good health through diet for the past five years, not only to private clients but also

in the capacity of a recipe and nutritional consultant for various leading corporate brands and hotels. The Netherlands-based nutritionist has developed her own nutrition analysis system based on USDA nutrient values.



Danielle Nierenberg President of Food Tank, a United Nations Food and Agriculture Organization-supported non-profit body focused on sustainable agriculture and

food systems, Danielle is a world-renowned expert on food issues, and a widely published and quoted personality. Qualified in Agriculture, Food, and Environment from Tufts University, New York-based Danielle aims to build a global network to promote safe, healthy eating.



Michael Kitts The Director of Culinary Arts at the Emirates Academy of Hospitality Management has hung up his chef's whites, wearing which he

had spent over 20 years working at various leading establishments in London and won numerous accolades, to turn mentor and teacher to young aspirants of the hospitality industry in the UAE's leading training centre.



Marta Yanci Founder of bespoke catering company Marta's Kitchen, and more recently, a boutique cafe in JLT, Marta's workshop, Marta is a

self-taught chef who took her passion for good food and turned it into a career five years ago. Now a recognised face on the UAE culinary circuit, the former lawyer has appeared on TV in Dubai and her home country, Spain.



Andy Campbell A Scottish celebrity chef who now calls Dubai home, Andy has trained at Westminster College, and previously worked at various

restaurants, including Michelin-starred ones, and also ran his own restaurant in London, before moving here to work as a private chef for exclusive events. He currently also consults with Arabian Health Care in Ras al Khaimah.

Menu planner

Whip up a delicious meal with recipes from this issue

Modern Thanksgiving family dinner



Starter

Give the meal a healthy start with this **chicken & quinoa salad**, p33



Main course

Move over turkey, this **slow-cooked lamb with onions and thyme** will be a crowd-pleaser, p35



Side

Roasted squash with crushed pistachios gives the meal seasonal flavour, p46



Dessert

This decadent **chocolate and pecan tart** is a classic American treat! p64

Behind the scenes

Take a look at what the **BBC Good Food ME** team members got up to this month!

Nicola Monteath got truffle-savvy with **Massimo Vidani** in his **Truffle Cave**.



Marizel Salvador was hard at work in the office supervising the tabulations of the awards nominations!

Anas Cherur works all angles to get the best shot at this month's Food Safari shoot.

Foodie file

What's hot and happening in the culinary world, here and around the globe.



Biryani Pot



Olive Garden

DINE IN THE CITY

FOUR FAB NEW RESTAURANTS TO CHECK OUT

- * Popular American-Italian restaurant chain, Olive Garden, has opened its first Dubai outlet. Try the chicken marsala, shrimp alfredo with scampi, and a platter of crisp calamari, stuffed mushrooms and fried mushroom ravioli in the upscale yet homely setting – it's like the Italian version of Chilli's! Call 04-4409302.
- * Biryani-lovers are in for a treat, as they can tuck into contemporary versions of the well-loved dish, such as quinoa biryani, from the newly opened Biryani Pot on Jumeirah Beach Road. Delicious tandoor grills and sandwiches, curries and salads are on offer too, at our new favourite Indian takeaway option! Call 04-3382277.
- * The latest celebrity-favoured restaurant to open up here is Geales Dubai at Le Royal Meridien Beach Resort and Spa. The established British seafood restaurant is split into a bar, lounge and restaurant, and offers gourmet fish and chips, in a glamorous setting which sprawls out to an outdoor terrace. Call 04-3165550.
- * Kitsch Cupcakes has rebranded to become Kitsch Counter, a café offering lots more than just their signature cupcakes – stop by their outlets across UAE to pick up wholesome treats like Paleo muffins, kale salad, and homemade nut butters. Call 04-3956963.



Who loves candy?

We may have been indulging in it from time to time since we were little, but what exactly is candy made up of, and what are the different variations available around the world? The Candy Project, a research project launched by Andoni Luis Aduriz (from two Michelin-starred restaurant Mugaritz in Northern Spain), in association with Slow Food International, the University of Gastronomic Sciences, and sociologist Iñaki Martínez de Albeniz, aims to analyse everything there is to candy, with a series of studies and how it is linked to traditions and cultures. Visit thecandyproject.org to find out more.

One man's junk is another man's treasure

We've heard of the phrase eating out of a bin, but cooking a banquet for 5,000 people from binned ingredients? Now there's a new way to repurpose food! Five celebrity chefs including TV personality, restaurateur and the creator of this banquet Cyril Lignac, recently served a 'dustbin feast' in Lille, Northern France, which included gourmet items like fish rillettes, potato and endive velouté and a tandoori vegetable stew – all made from waste. The ingredients were checked by the health authorities to prevent food poisoning. Do you think you can make a dish out of binned ingredients? Try it and tag us on Instagram at [bbcgoodfoodmiddleeast](https://www.instagram.com/bbcgoodfoodmiddleeast).



This just in:

We love this Bokja Table To Go which will look stunning out in the patio or garden, and can be taken along to alfresco parties and picnics too. Dhs8,235 at Cities, The Galleria on Al Wasl Road.

SOMETHING'S BREWING



Freshly brewed leaves, fine china with pinky up – there's something about the elegant ritual of drinking tea! Now you can enjoy teatime in style with the spate of gourmet tea parlours opening up all over the place. Tea Club at Downtown Dubai (0553710456) offers over 3,000 fusion teas – sourced from all over the world – in a relaxed space designed in the style of a library. In Abu Dhabi, The East India Company has opened shop in the Avenues at Etihad Towers (02-6810813), bringing back colonial-era sophistication with the finest teas, coffee, and chocolates

on offer. You can also buy hand-crafted bone china and porcelain made from mineral paints and 18 carat gold here.



Tech checks

Dubai does everything in the most stylish way possible, and why should food safety inspection be any different? Inspectors from the Food Control Department of the Dubai Municipality will start using Google Glass from February 2015, to record their inspections with photos, videos and voice comments, and send immediate feedback to senior officials.

Beverage fest

Coffee and tea connoisseurs can gather at The International Coffee and Tea Festival taking place from November 12-14 at The Meydan Gallery, Dubai to meet the best baristas from across the globe, pick up tips from latte artists and indulge in high-quality coffee and tea. There are tons of activities, workshops and championships that will take place over the three days as well. Free entry for all, visit coffeeteafest.com.



“You cannot get an influence from the cuisine of a country if you don't understand it. You've got to study it.”

– Celebrity chef Ferran Adria

#What's trending

#wintersquash

This vegetable is being featured in restaurant menus, and sold at most markets, now that it's in season. We've come across a winter squash and apple soup recipe on Twitter, as well as seasoning suggestions on how to take your squash to the next level – by roasting it with olive oil, salt, cinnamon and maple syrup!

We can't wait to try it mashed with quinoa as a bake – as seen on Pinterest.



Star-studded line-up

The InterContinental Hotels Group have recently announced their Culinary Panel of ambassadors including top names like Theo Randal for Italian, Ian Kittichai for Thai, Sam Leong for Chinese, Ross Lusted for contemporary Australian, and Dean Brettschneider for pastry and baking. Each chef has created 20 signature dishes which will be available in select restaurants across the hotels in Asia, Middle East and Africa, with the celeb chefs personally training the teams in serving up the delicacies to customers. www.ihg.com.



Amwaj
Rotana

Jumeirah Beach – Dubai

Friday Brunch

Our Friday Brunch on the stunning terrace has returned with a family zone for kids to enjoy cartoons, a kids' buffet, and activities. Guests will get the chance to wander around the large buffet spread featuring the cuisine of the hotel's signature restaurants including live stations and a trip inside the Benihana kitchen. We offer four packages, including the Premium French Bubbly Brunch for a more refined brunch experience complete with a dedicated waiter, paired menu and premium beverages.

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Aisle file

Gorgeous gourmet buys, kitchen gear, home décor and more.



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Combine cheese, herbs and your favourite minced meat to make perfect gourmet patties with this



BURGER PRESS – ideal for large barbecue gatherings. Dhs55 at **ACE**.



That morning cuppa shouldn't be sipped in anything other than this chic **VINTAGE MUG WITH A BELL** from **THE ONE**'s autumn collection, Dhs39.



Pop a pizza into the oven on this **SUPERSTONE PIZZA STONE**, to ensure the bottom crust doesn't get burnt – you can even serve the pizza on it! Dhs149 at **VIRGIN MEGASTORE**.

Bring out these **IMAGES D'ORIENT CUPS** for espresso or gahwa (Arabic coffee), when hosting a dinner party. Dhs225 for a set of two at **BLOOMINGDALE'S HOME**.



This elegant **SOGA VINCI CANNISTER** can hold chocolate truffles and wrapped salted caramel bars – great as a coffee table centrepiece. Dhs45 at **SILICA**.



Pack coffee or hot chocolate in this **BODUM THERMAL JUG** for your next picnic or alfresco gathering. Dhs229 at **CRATE AND BARREL**.



Move over stick-on hooks! These retro-style **WOODEN HOOKS** are a great alternative for those who want to hang their aprons on something a bit more stylish. Dhs29 at **HOMES R US**.

ON THE STORE FRONT



Indigo Living has just launched its Autumn Winter collection, and we're loving their globally inspired looks for the season. The collection is divided into five different looks to recreate uptown London, a Zen modern look for Japan, an Ode to Africa, laid-back glam for LA, and a relaxed Scandinavian vibe. To get a Zen vibe in your home, choose from neutral colours and dark wood oak pieces as well as striking wall art – think Geishas! – or perhaps give your home a contemporary vibe with LA-style glamorous black and gold vases and candleholders. A touch of urban London chic can be added with union jack-adorned trunks and accessories, while a modern safari look can be recreated with tribal prints, and sophisticated leather accents. They also have a gorgeous new kids' collection that will make any parent giddy with delight! Call 04-3466934.



Here to help

Our expert chef Marta Yanci, founder of bespoke catering company Marta's Kitchen, offers practical advice to tackle all your cooking dilemmas.



Q If I make a smoked salmon and cream cheese sandwich for lunch in the morning, will it spoil if I wrap it in foil?

A. Dairy products and fish are both high risk products. That means that you shouldn't keep it at room temperature for more than four hours. If you plan on having lunch within that time span, you will be fine, otherwise pack an ice pack and carry the sandwich in a thermal bag to be safe.

Ingredient of the month

Pumpkin is back in season and this versatile ingredient can be used both for savoury and sweet recipes. I personally like roasting it before using it for anything else, to extract all its flavour and sweetness. It is also an excellent source of carotenes, vitamin A and minerals.



Q My children have recently become such fussy eaters. Do you have any tips to get them to eat their vegetables?

A. As a mother of two, I understand your concern! There are two methods that I find work really well. One is getting your children involved in the cooking process – they will be proud of their creations and will be more open to trying it! The other way is to transform vegetables. For instance, my oldest doesn't eat spinach, so I blend it into one of his favourite dishes, crêpes, and we have now green crêpes for supper.



Q Can I make seared ahi tuna with the tuna fillets I find at the pre-packed fish section in supermarkets?

A. I know tuna can be a bit tricky. When eating any fish raw or just seared, it is important to ensure it is very fresh. You can use the pre-packed, as long as you make sure it was packed that same day – read the label! Make sure you keep it refrigerated at all times before preparing it, and eat it right away once cooked.




Q I see a lot of clementine and mandarin in supermarkets lately, could you suggest what to cook with them?

A. Citrus fruits are in season and they are just as delicious as a refreshing snack, as they are in cooking. Use it in salads with beetroot and bocconcini (small mozzarella cheese balls). You could also juice it and prepare a nice sauce to serve with poultry.



Q I'm planning on investing in a sous vide machine. Do you have any tips for making chicken or fish in the machine, and is it easy to use?

A. Sous vide is a wonderful cooking technique! It allows for food to stay juicy and keeps it from overcooking. You will need a vacuum machine as well as a circulator to allow you to maintain a constant temperature when cooking, and the best part is, it isn't difficult at all – you just have to understand the process to achieve the desired result. For a chicken breast, for example, cook for 3 hours at 67°C. I find the perfect temperature for a salmon fillet is 62°C, and this can be prepared in just 20 minutes. 



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#stylishcaprese
#italianfave



Where: Merletto, Marriott Al Jaddaf

What's it like: Merletto is the sort of place you'd really want to get dressed up for, but what

you get here is a fine-dining experience, with a bill that doesn't leave a gaping hole in your pocket. The contemporary eatery is one of the newest Italian restaurants to join the fray, and boasts Venetian influences in the décor, comprising of masks, hot pink fixtures, a bar to one end, and open kitchen on the other, as well as on the menu, with dishes like the super light poached veal loin dressed in tuna sauce – a specialty from Venice that we polished off within minutes. The dishes can be ordered in small or large plates and are all absolutely tasty and innovative. Creamy, gooey burrata cheese with crunchy fava beans and tomato, was our starter of choice, along with warm baked eggplant with buffalo mozzarella, tomato sauce and parmesan cheese. My main course choice was a rather large, grilled fall-off-the-bone style veal chop placed atop roasted sweet potato – the sweet potato was just right, and not overly sweet, while the green herb pesto provided added texture. While I enjoyed the pesto, I also helped myself to the sweet reduction that my partner's beef tenderloin was drenched in. The dish was accompanied by a soft, tender slab of sautéed foie gras, and fluffy, creamy truffle-mashed potato. We ended with a light dessert of fresh cream, figs and berries that rounded off the meal perfectly.

Best for:

An affordable yet elegant meal

If you want to go: Around Dhs450 for two (without drinks). Call 04-3177700.

- Nicola Monteath

Where: Don Alfonso 1890, Shangri-La Dubai

What's it like: The Don Alfonso name is renowned internationally when it comes to Italian cuisine, and has picked up multiple awards for its establishments – in Rome and Sant'Agata Sui Due Golfi (Don Alfonso's hometown); the brand has outposts in China and Morocco as well. Upon arrival, you will experience the wow

factor right from the red carpet in the doorway, to the pistachio and dark brown ceiling fixtures that resemble chocolate, in this glamorous, intimate space. Everything on the menu is made from fresh produce that comes from Don's farm back home, which is why the cherry tomatoes and buffalo mozzarella that we devoured for appetisers were absolutely juicy and flavoursome – especially when eaten with the smooth basil cream and extremely good crusty bread. My partner and I tried a pasta course, as recommended by the lovely restaurant manager Claudio, and went for the potato gnocchi – tiny bites of soft, puffy potato, doused in a heavenly mushroom sauce – and mezze maniche with tender chicken, pistachio, and heaps of sauce, a signature dish on the menu that's a must-try! For mains, I chose the seabass with poached chewy asparagus complemented by tomato confit topped with generous amounts of caviar – the fish was fresh and meaty, while the sweet tomatoes complemented bites of the caviar and fish. My partner opted for the Irish beef tenderloin with foie gras and a reduction, with every bite being absolutely moreish. Lemon fritters with yoghurt, cream and a palate-cleansing lemon sorbet were polished off between the two of us for dessert, along with ricotta, caramelised pear and gingerbread crumble, which reminded me a little bit of Christmas thanks to the lingering flavour and aroma.

If you want to go: Around Dhs650 for two (without drinks).

Call 04-3551591.

- Nicola Monteath

Best for:
Stylish
dinner date



Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.

✴ Brunch Mexican-style

The Mas Mas Maya brunch at Maya - Modern Mexican Kitchen and Lounge, Le Royal Meridien Beach Resort and Spa, is the place to be seen at over the weekend. Tuck into an unlimited sharing menu of dishes like marinated shrimps, barbecue chicken, fajita skillet with beef rib eye steak, and adobo marinated chicken breast, among other delights. End with sherbet, freshly carved watermelon and ice cream, before lounging by the pool and listening to tunes from the DJ.

Every Friday and Saturday, from Dhs350 per person. Call 04-3165550.



Maya - Modern Mexican Kitchen and Lounge



✴ Dinner theatre

Money, Murder and Mayhem, is the new theme of the dinner show at The Act, Shangri-La Hotel Dubai. Get ready to take part in this show which features a murder mystery plot. All this with a mouthwatering Peruvian tasting menu – ideal for an exciting dinner date.

Every Monday, Tuesday and Wednesday, from Dhs320 per person. Call 04-3551116.

✴ Modern Indian menu

When those Indian cuisine cravings kick in, make a beeline for Zafran, to try their new menu which focuses on fresh ingredients. Some of the dishes to savour are the vegetarian mixed grill, malai kofta curry, and biryani made the traditional dum style. The little ones can relish chicken fried rice and cheese naans from a special children's menu.

À la carte prices. Call 04-3997357.



✴ French fare

To get a taste of both classic and contemporary French cuisine, visit Traiteur, Park Hyatt Dubai. The restaurant has launched the Classique versus modern menu featuring six courses on each – try duck à l'orange and truffled beef tartare, and leek-essence oyster and mussel soup, among other dishes.

Available daily, call 04-3172222.



✴ International chef alert!

Chef Vivek Singh from The Cinnamon Club, a renowned establishment in London, is making his way to Amala, Jumeirah Zaabeel Saray to offer an exclusive tasting menu available for a limited period only. The chef will also be hosting a spice masterclass and lunch.

The class takes place on November 14 and 15 for Dhs265, per person, while the menu is available from November 13-15 for Dhs325 per person. Call 04-4530444.

✴ From food truck to café

Ghaz Kitchen, Dubai's very first vintage-style food truck, have launched a new pop up concept, Deus Café, at the Capital D Studio in Al Quoz. Try delicious dishes made from fresh, high quality ingredients – their all-day breakfast items, roast beef, carrot cake and coffee are not to be missed! *Ever Sunday to Thursday, call 04-3415339.*

✴ Big birthday celebrations

World renowned Asian restaurant chain Benihana is celebrating its 50th anniversary this month, and diners get to try special commemorative platters of gold sushi of crab, avocado, Japanese omelette with gold, and corn fed-chicken, prawns and steak. *From Dhs50 per platter, available until November end at all UAE outlets. Call 04-4282000 or 02-6979011.*



✴ Thai festivity

Celebrate Loy Krathong, the annual Thai festival, at Benjarong, Dusit Thani Abu Dhabi, and try the special à la carte menu created for the occasion which features delicacies like spicy prawn salad, and Thai-style fried noodles.

Every Tuesday for dinner, call 02-6988137.



✴ Taste of Asia

Take your pick from over 20 new dishes on the menu at Thai Chi, Pyramids Restaurants at Wafi, and try authentic Thai and contemporary Chinese specialties. Slow braised lamb shank in massaman curry, and a Thai style ceviche with diced raw salmon are both interesting options that are sure to be devoured. *À la carte menu prices. Call 04-3244100.*



✴ Street treats

When you're in the mood for brunch with a twist, make your way to the Street Food Festival at Sofitel Dubai Downtown. Gourmet offerings at this poolside brunch include street-foods such as Japanese rolls, tempura and sushi, Texas barbecue grills, as well as more substantial dishes like pecking duck, curries, Arabic grills and French cheese. Upbeat tunes make this brunch a lively one!

Every Friday, from Dhs220 per person. Call 04-5036666.



✴ Brunch wonderland

The Bubblicious brunch at The Westin Dubai Mina Seyahi Beach Resort and Spa brings together all the restaurants, and has now become even more enticing with the addition of new stations. Visit the Alice in Wonderland station for liquid-nitrogen drinks and cakes, the French village which features foie gras, crepes and charcuterie, as well as a boat with men dressed like sailors shucking oysters. A barbecue station for succulent, tender beef brisket, the American diner corner for sliders, and the Asian, Belgium section, and Cider Garden (for pork chops and sausages) are also available. In addition to this, the adult-only zone at Hunters also offers champagne and a bucket chockfull of fresh, juicy seafood! *From Dhs450 per person. Call 04-3994141.*



✴ Themed dining

Make your way down to Shores, Ramada Plaza Jumeirah Beach, with family and friends to try their new Mediterranean theme night showcasing delicious dishes like roast lamb leg, roast turkey roulade, kefta tagine and veal scaloppini from a lavish buffet. Don't miss their fresh pasta and paella stations, which offers a lovely Valencian paella, among other treats. *Every Wednesday, Dhs175 per person. Asian theme nights are on Mondays, call 04-4398888.*

✴ Spice it up!

Asia Asia at Pier 7 have launched the Spice Route brunch so that you and your friends can try dishes all the way from the Far East to India and the Middle East. The buffet at this glam late afternoon brunch (from 2-5pm), includes Asian tapas (calamari, dim sum and tempura), noodles, curries from Thailand and India, as well as teriyaki chicken carvery and a selection of tempting desserts. *Every Friday, from Dhs295 per person. Call 04-2765900. >>*

✧ American festivities

If you aren't preparing the whole meal at home this Thanksgiving, why not enjoy a meal outside? The Ivy have created a special set menu featuring classics like American turkey roast, roast ham, and pumpkin pie, among other tempting dishes.

Available through the last week of November, Dhs350 per person. Call 04-3198088.

✧ Dine in the 'hood

Jumeirah's friendly neighbourhood eatery Mozzo Centrale has launched a new menu featuring mascarpone stuffed French toast, baked stuffed pita, pizza, and Black Angus tenderloin, among other Italian-inspired treats. Round off the meal with cannoli and homemade cakes, pies and cookies for an indulgent meal.
Call 04-3948081.



✧ Lovely Lebanese

The recently launched Middle Eastern menu at Marjan, Waldorf Astoria Ras Al Khaimah, has been created by Lebanese chef and TV personality, Joe Barza. You can look forward to innovative dishes like hummous with saffron, seafood falafel, and smoked green wheat with slow roasted lamb, roasted nuts and yoghurt – it's worth a visit to Ras al Khaimah for!

À la carte menu, call 07-2035555.

✧ Italian for everyone!

The recently opened Oregano outlet at Dubai Silicon Oasis is the one to flock to for traditional homemade Italian food in a relaxed alfresco setting. Try the newly launched wild rice fettuccini, among other authentic dishes like ravioli, gnocchi, pasta and pizza, at affordable prices.

Call 04-3793300. [EN](#)

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On my bookshelf. . .



★ We ask the pros to tell us about the cookbook they can't live without!

Andrew Fletcher, executive chef of Movenpick Hotel JLT

"Currently I am reading *Beyond Essence* by David Everitt-Matthias (Absolute Press). It is one of the most unique cookbooks you will ever find, by one of the world's greatest and least known chefs. He emphasises on using local wild ingredients that you have never used before and executes the dishes to perfection."

Watch this:



★ **The World's Best Chefs**
on Nat Geo People,
every Monday at 8:05pm

Some of the most celebrated chefs from around the globe, including Ferran Adrià and Massimo Bottura are profiled in this series hosted by Katie Button, a chef herself. The show explores their culinary philosophy, kitchens, and innovative creations, which they also demonstrate to viewers – giving them a feel of what it's like to dine at these special restaurants.

Download this:

★ **Coffee Planet app**
Free for Apple
and Android

Taking their brand experience to an interactive level, the app not only offers info on their locations and menu, but also includes a brew guide – to help you perfect the coffee you make at home. You can also collect stamps by scanning the QR code at their stores, to earn free coffees, and upload creative coffee cup drawings for a chance to win a prize.



Text: SUDESHNA GHOSH | Photographs: SUPPLIED, JAY COUNA

Culina-reads

Reviews of the latest cookbooks, food shows and mobile apps.

★ **Hottie's handbook: Lose 10 kgs in 10 weeks** by Ahlaam Ali (self published)

Dubai-based wellness entrepreneur Ahlaam Ali has built up a loyal following over the years with her no-nonsense approach to weight-loss. Her popular Powwer Eat programme is now taken to the next level with this, her debut publishing effort. The title makes a tall claim, but early on in the book you will find testimonials from satisfied clients, motivating you to read further. Although it's designed in a typical American fad diet book style, that is exactly the sort of thing it eschews, professing a more common sense-based approach to eating well and losing weight. The book contains everything from food philosophies that Ahlaam advocates, to tips and tricks for eating healthy – including cooking methods, and recommended ingredients. It then goes into the recipes, which are divided according to meal timings – to be used in line with the recommended meal plan. The recipes are all simple, and clearly developed from a home cook's perspective, giving familiar flavours a healthy twist. Ingredients like quinoa and mung bean feature heavily, as do steamed and grilled dishes. There's also a journal for weekly meal entries, to keep track, making this a complete guide for those who want to follow the programme. And loaded with practical advice as it is, we definitely see this as a more balanced approach to weight-loss than most.

Dhs135, available at Virgin Megastore



★ **Gordon Ramsay's desserts (Quadrille)**

Sweets may not be the first thing you associate with this TV chef – better known for his penchant for abusive language – but this book reveals his expertise with desserts. In his introduction he reveals how, early in his career, in the kitchens of Guy Savoy, he honed his pastry skills, alongside his French! After detailing a few dessert essentials, such as syrups, coulis and glazes, he then dives into the sections which are divided under fruit; ices and creams; mousses; crepes and batters; homely puddings; special occasions; accompaniments and chocolates; and basics – such as puff pastry and so on – ensuring there is a dessert for everyone in this book, from novices to skilled bakers. The range is vast, from something as simple as a red berries with basil syrup fruit salad – note how the basil syrup adds a chef-y touch to even the simplest of dishes – to more stylish mousses and tarts. None of the recipes are intimidating however, making this a go-to book for everyone who has a sweet tooth!

Dhs83, available at Jashanmal bookstores



★ **The Australian Women's Weekly Quick & Fast (ACP books)**

While we wouldn't usually recommend another magazine's recipes, in this case we make an exception – because we love how practical this book is, and honestly, we are using it all the time! A straightforward compilation – it even looks like a magazine – of triple-tested recipes using no more than six ingredients, the paperback even looks a bit like a magazine. With a fuss-free approach, the recipes are all fast, easy yet stylish – think gorgonzola and sage stuffed chicken, and spiced apple and fruit mince tarts – with clean, minimalist photography and design. Naturally there are a few stir-fry style dishes in there – what is faster and tastier than a stir-fry? – with lots of Asian-inspired flavours, but the mix of flavours is quite international. A useful buy, without doubt, but only for those of you who aren't saving up your back issues of *BBC Good Food ME* each month!

Dhs49, available at Jashanmal bookstores



The Doha diaries

Our Doha-based columnist has her finger on the pulse of the city's foodie scene.

Healthy? What healthy?

Like many women (and men) of a certain age, I am forever watching what I eat. Sadly this involves more eating than watching usually, but you get the sentiment. I can work out in the gym all I want, swim laps or walk the entire length of the Corniche (it's 8km by the way), but it all still comes down to what you put in your mouth.

Temptation lurks on every corner of this city. In Qatar we are blessed with some excellent restaurants, from celebrity chef-led venues through to neighborhood eateries serving up tasty grub for the masses. On demand. There are even apps where I can order from more than 50 different local restaurants on my way home and have the delivery guy waiting for me once I fend off the Doha traffic snarls.

Then there are the portion sizes. Recently, on one of my health kicks, I ordered a salad at a well-known eatery. I asked for dressing on the side. That couldn't be done apparently. "The salad comes with the dressing included. That's how it comes," I was told. You can imagine the ensuing conversation. Beaten by this brilliant logic, I acquiesced and ordered the said salad.

I recently asked a friend in the hospitality industry about this and he said diners/consumers in Qatar want value for money – that is more bang for their riyal. "Food here isn't cheap, so people want to see they get value. There is also an expectation that portion sizes will be large," he said. This reminded me of having dinner one night in a hotel restaurant in Doha whose concept was 'family-style' dining with small portions, similar to a tapas. A diner at a neighbouring table was taking the manager to task as the size of his dishes was tiny. A larger portion was dutifully brought to his table.

There is also the economics of eating well. For example, a salad in a mid-priced café in Doha could set you back upwards of QR60. Meanwhile, a burger meal deal at one of the big fast food chains (with large fries and a coke) is less than QR20 and you can even get it in a drive through without leaving your car! In a country where 90 per cent of our food is imported, this also poses challenges. A bag of imported lettuce leaves crunches in at QR30. I also saw a 500g packet of quinoa for an eye-watering QR65 recently.

That said, there are strategies I employ to ensure doesn't have to cost the earth to eat well. The Qatar Farmers' Market has reopened, where you can fill your car boot with locally grown and organic veggies for less than QR100. Chains are offering 'healthy options' and even closer to home, my local Indian takeaway has grilled meats and salads on their menu.

Back to the disputed salad. When the salad arrived, it was coated in the dreaded creamy dressing. It also came with fries on the side. And garlic bread. Go figure!

- Rachel Morris is a Qatar-based writer and food blogger (lifeonthewedge.net).



The latest food news and happenings in the city.

A new Nobu restaurant

Guess who's setting up shop in Doha? Celebrity chef Nobu Matsuhisa is opening a new restaurant at the Four Seasons Hotel Doha which will feature three levels with views of the Arabian Gulf – we can't wait! Call +974 4494 8888.



Street-food beckons

Spice Market at the W Doha Hotel and Residences have added eight new Southeast Asian street-food inspired dishes to their menu. Go on a culinary journey through the streets of Vietnam and Thailand, as you tantalise your tastebuds with sharing style dishes like a lobster cake avocado and cucumber appetiser, and monkfish with wok-fried Napa cabbage water chestnuts and cucumber for mains; sushi and sashimi are on offer too! Call +974 4453 5343.



Thank you for the cake!

Celebrate Thanksgiving at home with this special Marzipan chocolate fudge cake from Jones the grocer, Doha, which has a layer of chocolate sponge, homemade fudge filling and roasted cashew nuts. QR320 per cake. Call +974 4407 7175.

European gourmet

Gather a bunch of friends and head to the upscale Torch Tea Garden at the Torch Doha to indulge in a selection of classic waffles with fresh berries and cream, chocolate ganache, and other delectable toppings. The tea lounge will also be serving a variety of fondues ranging from sweet to savoury. Call +974 4446 5600.





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AUTHENTIC ARABIAN DINING

Anytime eggs
& potatoes,
recipe p54



IN THIS SECTION



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season! P41



* Who says gluten-
free can't be
delicious? P64

Home Cooking

Inspiring recipes for easy
everyday meals and stylish
weekend entertaining

Make it tonight

Fast, fresh family suppers that everyone will love! Photographs ROB STREETER



Frying pan pizza bianco with mushrooms & egg

SERVES 1 • PREP 20 MINS • COOK 30 MINS

Easy  1 of 5-a-day

175g self-raising flour
2 tsp oil, plus a drizzle for frying
1 garlic clove, thinly sliced
4 rosemary sprigs, chopped
140g mushrooms, sliced
85g light cream cheese
1 egg
A good pinch of chilli flakes

1 In a large bowl, mix the flour with the oil, 85ml water and a pinch of salt to make a dough. Tip onto the work surface and knead for 1-2 mins to bring together into a smooth ball, then return to the bowl, cover with a tea towel and set aside.

2 Heat a drizzle of oil in a flameproof frying pan, roughly 22cm wide. Add the garlic and most of the rosemary and sizzle for 1-2 mins until just turning golden. Add the mushrooms and cook for 10 mins or until golden and tender. Season and tip out onto a plate. Shape the dough into a thin disc roughly the same size as your pan – you can do this with your hands, no need to use a rolling pin. Place in the pan and cook for 4-5 mins over a low-medium heat, until the underside is golden. Use a fish slice to flip over, then cook for another 4-5 mins.

3 Heat the grill to high. Season the cream cheese and spread over the pizza. Top with the mushrooms, leaving space in the centre for the egg. Crack the egg into the space and season, then place the pan under the grill for 3-4 mins until the white has set but the yolk is still a little runny. Sprinkle with the chilli flakes and remaining rosemary before serving.

PER SERVING 865 kcs, protein 37g, carbs 130g, fat 22g, sat fat 7g, fibre 10g, sugar 5g, salt 2.8g

Food styling KATY GREENWOOD | Styling REBECCA NEWPORT



**Perfect
party
food**

Sticky sesame chicken & corn with slaw

SERVES 4 • PREP 15 MINS • COOK 40 MINS **Easy** 2 of 5-a-day

- 900g chicken wings
- 4 frozen corn cobs
- 2 tsp vegetable oil
- 1 small white cabbage, quartered, core removed, and finely sliced
- 1 red onion, finely sliced
- 2 large carrots, grated
- 200g natural yoghurt
- Zest and juice of 1 lemon
- 3 tbsp clear honey
- 2 tbsp smooth peanut butter
- 2 tbsp sesame seeds

1 Heat oven to 200C/180C fan. Place the chicken and frozen corn cobs on a large baking tray, drizzle with oil, season and bake for 20 mins.

2 Meanwhile, combine the cabbage, onion, carrots, yoghurt, lemon zest and juice, and some seasoning in a bowl. Set aside until ready to serve. In another bowl, mix the honey, peanut butter and sesame seeds with a pinch of salt.

3 Remove the tray from the oven and brush or drizzle the sauce over the chicken and corn, then toss everything together to coat. Return to the oven and roast for a further 15-20 mins until sticky and caramelised. Serve with the coleslaw.

PER SERVING 675 kcals, protein 42g, carbs 59g, fat 29g, sat fat 8g, fibre 9g, sugar 35g, salt 1.3g

Jumbo sausage roll with salsa beans

SERVES 6 • PREP 10 MINS • COOK 40 MINS **Easy** 2 of 5-a-day

- 400g sausagemeat, or pack of 8 sausages, squeezed from their skins
- 2 tbsp dried mixed herbs
- 300g jar hot salsa dip
- 1 egg, beaten
- 375g ready-rolled puff pastry sheet
- 3 x 400g cans cannellini or haricot beans (or a mixture), drained
- 400g can chopped tomatoes
- 1 green chilli, thinly sliced (deseeded if you don't like it too hot)

1 Heat oven to 200C/180C fan and line a baking tray with baking parchment or foil. In a large bowl, mix together the sausagemeat, herbs, half the salsa and

roughly half the egg until well combined.

2 Unroll the pastry sheet on your baking tray. Pile the sausage mixture onto one side of the pastry – along the longer side – leaving a gap of 4cm around the edge. Brush a little of the egg around the edges, then fold the pastry over the filling. Press the edges together with a fork and score a few air holes through the top with a knife (to let steam escape). Brush with the remaining egg and bake for 40 mins.

3 Meanwhile, tip the beans, tomatoes, remaining salsa and some seasoning into a saucepan and cover with a lid. Simmer for 20 mins or until the sauce is thick and clings to the beans. To serve, scatter the beans with the chilli and serve with slices of sausage roll.

PER SERVING 639 kcals, protein 21g, carbs 53g, fat 37g, sat fat 11g, fibre 4g, sugar 4g, salt 2.0g >>>





Sharing plate

Minty roast veg & hummous salad

SERVES 4 • PREP 15 MINS

• COOK 40 MINS **Easy**

Calcium Folate Fibre Vit C Iron 4 of 5-a-day

4 parsnips, peeled and cut into wedges
4 carrots, cut into wedges
2 tsp cumin seeds
400g can chickpeas, drained
2 tbsp vegetable oil
500g pack cooked beetroot (not in vinegar), drained and cut into wedges
2 tbsp clear honey
200g pot hummous
2 tbsp white wine vinegar
Small bunch of mint, leaves picked
200g block Greek-style salad cheese or feta

1 Heat oven to 200C/180C fan. Toss the parsnips, carrots, cumin seeds and chickpeas with the oil and some seasoning in a large roasting tin. Cook for 30 mins, tossing halfway through.

2 Add the beetroot to the tin and drizzle over the honey, then return to the oven for 10 mins. Spread the hummous thinly over a large platter, or divide between 4 dinner plates. When the veg is ready, drizzle with the vinegar and toss together in the tin. Tip the roasted vegetables on top of the hummous, scatter over the mint and cheese, drizzle with any juices from the tin and serve.

PER SERVING 611 kJ, protein 23g, carbs 61g, fat 26g, sat fat 9g, fibre 20g, sugar 36g, salt 3.5g



Sicilian-style tuna lasagne

SERVES 4 • PREP 5 MINS • COOK 45

MINS **Easy** 2 of 5-a-day

400g can chopped tomatoes
250g frozen sliced mixed peppers
85g black olives, from a jar or can, drained and rinsed
2 tsp ground cinnamon
1 tbsp mixed dried herbs
370g canned tuna in brine, drained
200g tub cream cheese
12 dried lasagne sheets
125g ball mozzarella, torn into pieces

1 Heat oven to 200C/180C fan. Tip the tomatoes, peppers, olives, cinnamon and herbs into a pan, cover and simmer for 10 mins until the tomatoes have broken down a little. Add the tuna and season.

2 Tip the cream cheese into a bowl, season and mix to loosen a little, adding a splash of water (or milk, if you have some) to make a thick white-sauce consistency. Assemble the lasagne in a baking dish, approx 20 x 30cm. Pour roughly a third of the tuna sauce into the bottom of the dish, top with 4 lasagne sheets, a third of the cream cheese sauce, then repeat the layers twice more. Scatter over the mozzarella and bake for 35 mins until golden and bubbling.

PER SERVING 565 kJ, protein 24g, carbs 40g, fat 34g, sat fat 20g, fibre 4g, sugar 6g, salt 2.3g

The way to a man's heart is through his stomach

What do we have in common – the Arabs and the Europeans? We certainly share a passion for meals celebrated in the company of our loved ones. We like to eat well and tasty, surrounded by those who we respect, value and love. Delicious appetizers and meat dishes, smelling of the finest spices and herbs, have the ability to put people in touch and make the time spent at the table become invaluable.

In Europe there is a very popular proverb, which summarizes the entire philosophy of culinary arts: "The way to a man's heart is through his stomach." This is how we want to get to your hearts – by offering you a session of tasting of dishes of high-quality beef and poultry meat. The next opportunity to get convinced how true that proverb is will be the fair SIAL Middle East trade fair in Abu Dhabi.

Between November 24th and 26th you should necessarily visit the stand "European Meat – Tradition Quality Taste" in order to find out about the accuracy of the proverb. You will be awaited by famous and renowned chefs. For three days they will be cooking for you the most elaborate meat dishes the taste of which you will take away with yourself.

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TRADITION QUALITY TASTE



rearing. Our breeders, however, skillfully marry this tradition with modernity; they use natural fodders in nutrition and the advances of modern animal husbandry technology in rearing, slaughter, cutting and storage of meat. Not without a reason, it is said that Europe has the most advanced meat industry, but traditional at the same time.

The tradition is the natural fodder and good quality water; the forage on the open areas of meadows, pastures and paddocks untouched by the industry. The modernity is the well-educated breeders who comply with the laws on the protection of animals, who take care of the animals' welfare at every stage of rearing. It is also the meat processors who strictly comply with the standards which result from the quality



systems like HACCP and ISO, and who act in compliance with the GMP and GHP. All EU legislation, standards and policies are monitored at every stage of the slaughter, processing, storage, packaging and distribution of meat.

European beef and poultry, as well as the products manufactured with these types of meat, have a unique flavor, which makes them so appreciated by the consumers all over the world. Thanks to its unique characteristics, the European meat may be offered for sale in unprocessed state, chilled or frozen. The product is perfectly suitable for export, even to distant countries.

During the SIAL Middle East trade fair in Abu Dhabi, at the booth "European Meat – Tradition Quality Taste" the producers of meat and meat products from the European Union will present a natural process of cattle and poultry rearing, methods of the protection of animals and the production of high quality meat and meat products. Culinary art films and shows, enhanced by the tasting of numerous dishes, will allow you to get to know the entrepreneurs from the European Union. They will allow you to savor the meat from the countries of the Community.

We invite you to the stand "European Meat – Tradition Quality Taste", where you will see how we can encourage you to try our European tastes and we can – through your stomachs – get to your hearts.

Read more about the promotion program "European Meat – Tradition Quality Taste," as well as about the Association of Butchers and Producers of Processed Meat of the Republic of Poland, who proposes the program, on eu-meat.eu



www.eu-meat.eu



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Eating well for winter

Increasing your vitamin C intake and your 5-a-day quota means you'll soon strengthen your immune system for the colder months.

Lemon cod with basil bean mash

SERVES 2 ● PREP 8 MINS ● COOK

18 MINS **Easy**  **Vit C**  **Omega-3**  **2 of 5-a-day** 

**2 small bunches of cherry tomatoes
on the vine**

1 tbsp olive oil

**2 x 140g chunks skinless cod or other
white fish fillet**

Zest of 1 lemon, plus juice of ½

240g frozen soya beans

1 garlic clove

**Bunch of basil, leaves and stalks
separated**

100ml chicken or vegetable stock

1 Heat oven to 200C/180C fan. Put the tomatoes onto a baking tray, rub with a little oil and some seasoning, then roast for 5 mins until the skins are starting to split. Add the fish to the tray, top with most of the lemon zest and some more seasoning, then drizzle with a little more oil. Roast for 8-10 mins until the fish flakes easily.

2 Meanwhile, cook the beans in a pan of boiling water for 3 mins until just tender. Drain, then tip into a food processor with the rest of the oil, garlic, basil stalks, lemon juice and stock, then pulse to a thick, slightly rough purée. Season to taste.

3 Divide the tomatoes and mash between 2 plates, top with the cod, then scatter with basil leaves and the remaining lemon zest to serve.

PER SERVING 372 kcals, protein 44g, carbs 17g, fat 15g, sat fat 3g, fibre 6g, sugar 3g, salt 0.5g >>

Delicious,
vitamin C-rich
supper for two



Kale tabbouleh

SERVES 6 • PREP 15 MINS

• COOK 10-15 MINS **Easy**  

Vit C **2 of 5-a-day** **Good for you**

100g bulghur wheat

100g kale

Large bunch of mint, roughly chopped

Bunch of spring onions, sliced

½ cucumber, diced

4 tomatoes, deseeded and chopped

Pinch of ground cinnamon

Pinch of ground allspice

6 tbsp olive oil

Juice and zest ½ lemon

100g feta, crumbled

4 Baby Gem lettuces, leaves separated, to serve

1 Tip the bulghur wheat into a heatproof bowl and just cover with

boiling water, then cover with cling film and set aside for 10-15 mins or until tender. Put the kale into a food processor and pulse to finely chop.

2 Stir the kale, mint, spring onions, cucumber and tomatoes through the bulghur wheat. Season with the cinnamon and allspice, then dress with the olive oil and lemon juice to taste. Scatter over the lemon zest and feta. To serve, let everyone scoop the salad onto leaves of Baby Gem lettuce.

PER SERVING 235 kcals, protein 6g, carbs 17g, fat 15g, sat fat 4g, fibre 2g, sugar 4g, salt 0.7g

TIP Kale can be boiled, steamed, stir-fried or, like other cabbages, eaten raw. It should be bouncy and vibrant; don't buy any with signs of yellowing.

Grilled mackerel with soy, lime & ginger

SERVES 2 • PREP 10 MINS PLUS

MARINATING • COOK 15 MINS **Easy** 

Vit C **Omega-3** **1 of 5-a-day** **Heart healthy**

300g mackerel (or herring or gurnard for more sustainable alternatives)

100g jasmine rice

4 spring onions, sliced

1 red pepper, deseeded and diced

FOR THE MARINADE

1 tbsp low-sodium soy sauce

Juice of 1 lime

Small piece of fresh ginger, grated

1 garlic clove, crushed

2 tbsp honey

1 To make the marinade, mix all the ingredients together and pour over the mackerel. Cover and chill for 30 mins.

2 Heat the grill and put the mackerel, skin-side up, on a baking sheet lined with foil. Grill for 5 mins, then turn and baste with the remaining marinade. Grill for 5 mins more.

3 Cook the rice following pack instructions, then drain and toss with the spring onions and pepper. Serve with the mackerel.

PER SERVING 587 kcals, protein 33g, carbs 61g, fat 25g, sat fat 5g, fibre 1g, sugar 17g, salt 1.10g





Chicken & quinoa salad with beetroot yoghurt

SERVES 4 • PREP 10 MINS

• COOK 45 MINS **Easy**

Folate **Fibre** **Iron** **2 of 5-a-day**

4 chicken thighs, skin left on
2 red onions, cut into wedges
 (keep the roots intact)
3 carrots, cut into batons
1 tbsp olive oil
1 lemon, sliced
2 tbsp clear honey
250g quinoa
140g vacuum-packed beetroot
 (not in vinegar), finely chopped
5 tbsp Greek-style yoghurt
1 garlic clove, crushed
Small handful of dill, chopped, plus
a few fronds to garnish

1 Heat oven to 200C/180C fan. Place the chicken thighs, onions and carrots in a roasting tin. Season, drizzle with

the oil and nestle lemon slices around. Bake for 30 mins. Stir everything, drizzle with the honey and bake for another 15 mins until the chicken is cooked through and tender.

2 Meanwhile, cook the quinoa following pack instructions, then rinse with cold water and drain thoroughly.

3 Mix the beetroot, yoghurt, garlic, chopped dill and some seasoning in a bowl. In a separate bowl, mix the quinoa, roasted veg and 2 tbsp of the cooking juices. Pop the chicken thighs and lemon slices on top, then scatter with dill fronds. Serve with a dollop of the beetroot yoghurt on the side.

PER SERVING 535 kcals, protein 28g, carbs 57g, fat 19g, sat fat 5g, fibre 10g, sugar 21g, salt 0.4g

TIP Cooking chicken with the skin on keeps the meat juicy, but remove it once cooked for a healthier dish.

Orange & mint salad

SERVES 4 • PREP 15 MINS

• NO COOK **Easy** **Low fat**

Vit C **2 of 5-a-day**

4 oranges

12 soft dates, stoned, sliced lengthways

Small bunch of mint, leaves finely chopped, plus a few left whole

1 tbsp rose syrup or rosewater

Peel then segment the oranges, removing the white pith. Place in a bowl along with any juices, then add the dates, chopped mint and rose syrup and toss gently. Divide between 4 dessert bowls, scatter on the mint leaves and serve.

PER SERVING 222 kcals, protein 4g, carbs 54g, fat 1g, sat fat none, fibre 5g, sugar 54g, salt 0.04g **BT**



Easy one-pots

Hearty, heart-warming suppers
that are fuss-free yet fabulous!

Warm chickpea, chorizo & pepper salad

SERVES 2 • PREP 5 MINS

• COOK 10 MINS **Easy** 

200g chorizo, see Know-how, below
(or use spicy chicken sausages)
410g can chickpeas, rinsed
and drained
250g jar roasted mixed peppers,
drained and roughly chopped
Handful coriander leaves, chopped
2 tbsp natural yoghurt

1 Cut the chorizo into 3cm thick slices. Heat 1 tbsp oil in a large frying pan over a high heat. Cook the chorizo for 4-5 mins, turning occasionally until the edges start to crisp and it has released its red oil.

2 Tip the chickpeas into the pan and cook for a couple of mins until hot. Add the peppers and cook for a few mins until everything is juicy. Remove from the heat, stir in the coriander, ladle into two bowls and top each with a spoonful of yoghurt.

PER SERVING 629 kcals, protein 29g, carbs 30g, fat 45g, sat fat 11g, fibre 7g, sugar none, salt 3.61g

Try something different

Replace the chickpeas with butter beans or cannellini beans, or try replacing the peppers with a jar of grilled aubergine slices. You could also omit the chickpeas and serve this as a meaty sauce for pasta.

KNOW-HOW

The spicy, paprika-spiked Spanish sausage chorizo comes in two varieties, the large salami type and the smaller, more traditional sausage-shape, which is better for cooking. Use the smaller one for this recipe, or buy a large piece of slicing chorizo and chop into chunks. Both are available at the deli counter.

On the table
in 15 minutes



Slow-cooked lamb with onions & thyme

SERVES 4 • PREP 5 MINS • COOK 3 HRS 20 MINS **Easy** ❄️ 🍷

Half a leg of lamb about 1.25kg
1kg onions (about 4 large ones),
thinly sliced

Handful of thyme sprigs

300ml red wine

Large handful of flat-leaf parsley

1 Heat oven to 160C/140C fan. Wipe the meat all over and season well.

Heat 3 tbsp olive oil in a large heavy flameproof casserole, add the meat and fry all over on a fairly high heat

for about 8 mins, turning until it is evenly well browned. Remove to a plate.

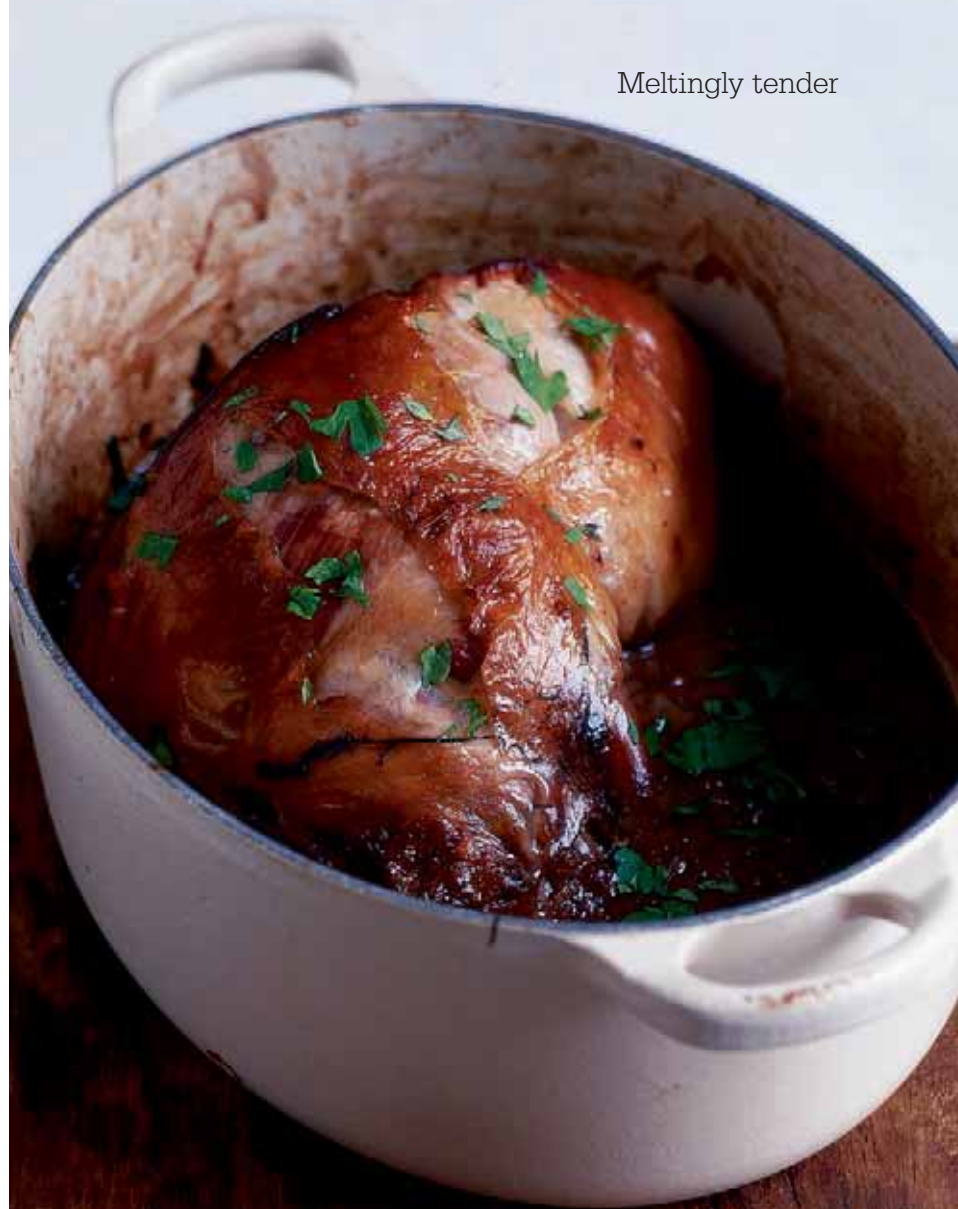
2 Add the onions to the pan and fry for about 10 mins, until softened and tinged with brown. Add a few thyme sprigs and cook for a further min or so, then season.

3 Sit the lamb on top of the onions, then add the wine. Cover tightly. Cook for 3 hrs. You can make to this stage up to 2 days in advance, then reheat for 45 mins.

4 To serve, strip the leaves from 2 thyme sprigs and chop them with the parsley. Scatter over before serving.

PER SERVING 731 kcals, protein 63g, carbs 21g, fat 39g, sat fat 19g, fibre 4g, sugar none, salt 0.87g >>

Meltingly tender



Spicy lamb with chickpeas

SERVES 4 • PREP 10 MINS • COOK 1 HR 5 MINS-1 HR 20 MINS **Easy** ❄️

700g cubed lamb

400g can tomatoes in rich juice

2-3 tsp harissa paste

410g can chickpeas, drained

Handful of coriander

1 Tip the lamb into a large pan and add the tomatoes. Half-fill the tomato can with water and add to the pan along with the harissa paste, then season.



2 Bring the liquid to the boil, then reduce the heat, cover and simmer for 1-1½ hrs, until the lamb is tender. Rinse the chickpeas and add them to the pan, then simmer for a further 5 mins.

3 Taste and season if needed. Roughly chop the coriander and scatter it over the dish. Serve with couscous or rice.

PER SERVING 410 kcals, protein 40g, carbs 13g, fat 22g, sat fat 9g, fibre 4g, sugar none, salt 0.91g

Braised beef with red wine & cranberry

SERVES 4 • PREP 30 MINS

• COOK 1½ HRS **Easy**  

1kg braising steak
3 onions
300ml red wine
300ml stock
3 rounded tbsp cranberry sauce

1 Cut the meat into large slices, about 8cm square. Tip 2 tbsp flour and some salt and pepper into a large food bag, add the beef and shake to coat the pieces. Thinly slice the onions.

2 Heat 2 tbsp olive oil in a large heavy-based pan. Add the beef and fry

on all sides until evenly browned. You may need to do this in two batches. Remove to a plate.

3 Heat a little more oil in the pan if you need it, then add the onions and fry quickly for 5 mins until tinged brown. Return the beef to the pan and add the wine and stock. Bring to the boil, stirring to scrape up the juices, then season.

4 Reduce the heat, cover tightly with a lid and cook at a gentle simmer for about 1½ hrs until the beef is tender. Stir in the cranberry sauce, taste and add seasoning if necessary. Simmer for a further 5 mins and serve with mash, and a scattering of flat-leaf parsley.

PER SERVING 481 kcals, protein 57g, carbs 19g, fat 15g, sat fat 6g, fibre 1g, sugar 4g, salt 0.92g



Make double and freeze

Smoked salmon & pea frittata

SERVES 4 • PREP 20 MINS


• COOK 30 MINS **Easy** 

500g cooked new potatoes
200g pack smoked salmon
8 large eggs
2 tbsp chopped dill
100g frozen petits pois (baby peas)

1 Thickly slice the potatoes. Cut the salmon into wide strips. Crack the eggs into a bowl, beat with a fork until lightly foamy, then stir in the smoked salmon, dill, peas, then season. Finally, stir in the potatoes.

2 Heat 3 tbsp olive oil in a large non-stick frying pan, carefully pour in the egg mixture and cook over a fairly low heat for 10-15 mins, until the egg is starting to set just under the surface.

3 Put a plate that is slightly larger than the top of the pan on top and invert the frittata onto it. Slide it back into the pan and cook for a further 5 mins to brown the underside. Slide on to a plate and leave to cool for 5 mins before cutting into wedges. *A tomato and chive salad tastes very fresh with this.*

PER SERVING 423 kcals, protein 31g, carbs 22g, fat 24g, sat fat 5g, fibre 3g, sugar none, salt 3.15g 



Extra-special
lunch



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Kitchen notes

Nutrition advice, cooking tips and product picks for your pantry.

Dairy queen



Forget burnt butter when cooking (unless you want a brown butter sauce!), Lurpak's premium new Cook's Range has been

thoughtfully developed to avert exactly these sort of culinary disasters. The Cooking liquid contains a unique formulation of butter with vegetable oil that is perfect for frying and roasting, while the baking butter, created expressly for oven use, is easy to scoop off even straight from the fridge, thanks to the softer texture. The range also includes a cooking mist – ideal for glazing and greasing pans, plus regular butter blocks in convenient portioned sizes, and clarified butter. It's just what home chefs need to take their creations to the next level! Prices start from Dhs16, available at leading supermarkets.

Just add onions!

The selection of onions available nowadays can be a little intimidating. Here's a helpful guide of the uses of various types:



* **Shallots** add a subtle taste to a dish and should be used for vinaigrettes or as garnish.



* **Red onions** taste great raw, in salads, sandwiches and guacamole.



* **White onions** add a bit of crunch. Have it in chutneys, stir-fries and salsa.



* **Yellow onions** are an all-rounder to be used in stew, soup, braised meat dishes and sauces.



* **Sweet onions** are used for frying and to make onion rings and gratins.

Look what we found!

3 great new products for your kitchen



Quench your thirst with the 2B natural fruit-flavoured carbonated drinks, which are free from artificial flavours, colouring and preservatives. From Dhs8, at leading supermarkets.



These Porcini dried mushrooms will taste great in everything from a risotto to pasta. Dhs50 at Carluccio's.



Smear this Maison Francis Miot Blueberry and ginger jam over soft cheese on a cracker. Dhs20 at secretsfinefoods.com.

Reader tip of the month



To make cookies crisp, place them on a wire rack to cool as soon as they are baked.

- Rifat Tahir



Got a great tip you want to share? Get in touch with us on facebook or twitter



SMART FOOD SWAPS



409

calories

1 steak sandwich (204g)

Swap for



242

calories

200g seafood risotto

or



166

calories

1 serving (150g) of shepherd's pie



220

calories

or 1 serving (232g) beef stew

Health update> WHAT'S THE BUZZ ABOUT?

It adds vibrancy, texture and a hint of sweetness, but what exactly is bee pollen? Bee pollen, also known as ambrosia, is created by honeybees and has 40 per cent protein, antioxidants, vitamin B-complex, folic and amino acids. Eat it sprinkled over smoothies, porridge and yoghurt to boost energy levels, assist the body with digestion, and protect cells from damage caused by free radicals.

The real truth

In case you needed any further confirmation – organic foods are about 60 per cent higher in antioxidants than conventionally-grown produce, and have reduced levels of pesticides and toxic metals as well, according to a new study published in the British Journal of Nutrition this year. Don't forget to look for the certifier's seal on the product packaging!

Merci
Chef!

AWARDS

Recipe challenge for
undiscovered Chefs!

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Fire up the BBQ

Seafood, pineapple
& coconut kebabs, p44

Looking for something new to cook for a special occasion? Our fresh new recipes provide inspiration for relaxed outdoor eating, from family gatherings to bring-a-dish parties. Recipes CASSIE BEST Photographs DAVID MUNN

A close-up photograph of two smoky mushroom burgers served on a white tray. Each burger consists of a toasted bread base, a layer of green lettuce, a thick smoky mushroom patty, a layer of roasted red onions, and a generous topping of shredded white cheese. A small metal cup containing a creamy, yellowish-white sauce (roasted garlic mayo) with a white spoon is placed next to the burgers. The background is slightly blurred, showing more of the tray and the outdoor setting.

Smoky mushroom
burgers with
roasted garlic
mayo, recipe p44

Ginger beer chicken
& ribs, recipe p44





Seafood, pineapple & coconut kebabs

MAKES 8 ● PREP 10 MINS

● COOK 10 MINS **Easy** Good for you

16 large, unpeeled raw king prawns
500g mixture of boneless salmon and white fish fillets, skinned and cut into chunky pieces
200ml can coconut milk
100g fresh pineapple, cut into chunks
85g desiccated coconut
Drizzle of oil
Lime wedges, to serve

1 You'll need 8 skewers. If using wooden ones, soak for 30 mins before

cooking. Fire up the barbecue and allow the flames to subside before cooking, or heat a griddle pan until smoking hot.

2 Toss together the prawns, fish, coconut milk and some seasoning in a bowl, then thread onto skewers, together with the pineapple chunks. Tip the desiccated coconut onto a plate and roll each fish kebab in it, pressing on the coconut to help it stick. Dab the kebabs with a little oil and cook for 3-4 mins each side until the prawns turn pink and the fish is cooked through. Serve with lime wedges.

PER KEBAB 217 kcals, protein 17g, carbs 3g, fat 15g, sat fat 10g, fibre 2g, sugar 2g, salt 0.9g

Ginger beer chicken & ribs

SERVES 8 ● PREP

15 MINS PLUS

1 HR MARINATING

● COOK 1 HR

45 MINS **Easy**



8 pcs of chicken
(we used thighs and drumsticks), bone in and skin on
1kg spare ribs, cut between the bones, if a whole rack
2 tsp ground ginger
2 tsp ground allspice
2 star anise
1 litre ginger beer
100g ginger, sliced
FOR THE GLAZE
500ml ginger beer
Juice of 2 limes, plus extra
wedges to serve
300g tomato ketchup
75ml soy sauce
75ml clear honey

1 Toss the chicken and ribs in the ground ginger, allspice and lots of seasoning. Cover and marinate for 1 hr (or up to 24 hrs).

2 Heat oven to 160C/140C fan. Tip the meat into a deep roasting tin, add the star anise, ginger beer and sliced ginger, then top up with enough water to just cover the meat. Cover with foil and cook for 1 hr 30 mins. Uncover, pour away the cooking liquid and pat the chicken pieces and ribs dry with kitchen paper. Chill until ready to use.

3 Meanwhile, to make the glaze, pour the ingredients into a saucepan and boil until thick and sticky – this will take about 30 mins. *Can be made 2 days before up to this point.*

4 Heat up the barbecue and let the flames subside. Brush the sticky glaze all over the meat, making sure each piece is well coated. Place on the barbecue and cook for 15-20 mins, brushing with the glaze from time to time, until hot and charred in places. Serve with extra lime wedges for squeezing over.

PER SERVING 519 kcals, protein 31g, carbs 49g, fat 22g, sat fat 6g, fibre 1g, sugar 46g, salt 3.8g



Smoky mushroom burgers with roasted garlic mayo

SERVES 4 (EASILY DOUBLED)

● PREP 25 MINS ● COOK 50 MINS

Easy 2 of 5-a-day

4 large flat mushrooms
1 tbsp olive oil, plus extra for frying
2 roasted red peppers (from a jar), finely chopped
½ small pack thyme, leaves picked and chopped
50g fresh breadcrumbs
1 tbsp sundried tomato paste
2 tsp smoked paprika
3 red onions, thinly sliced
1 tbsp golden caster sugar
1 tbsp Sherry vinegar
FOR THE ROASTED GARLIC MAYO
3 garlic cloves, unpeeled
50g good-quality mayonnaise
TO SERVE
4 crusty bread rolls (we used ciabatta)
salad leaves
25g cheddar or Manchego, grated

1 Heat up the barbecue. To make the garlic mayo, wrap the garlic cloves in a foil parcel, position on a hot spot of the barbecue and cook for 20 mins until really soft. Alternatively, bake in a hot oven for 20-30 mins. Leave to cool, then squeeze the cloves out of their skins and mash with a fork. Mix the garlic

purée with the mayonnaise, then chill until ready to serve.

2 Remove the stalks from the middle of the mushrooms and finely chop them. Heat a drizzle of oil in a pan (on the barbecue or hob), add the stalks and fry for a few mins until golden and soft. Add the peppers, thyme, breadcrumbs, tomato paste, paprika and some seasoning. Cook for 5 mins more, then set aside to cool a little. Rub the mushroom caps with a little oil, season, then top each one with ¼ of the mixture. *Can be chilled for up to 1 day.*

3 Meanwhile, heat a little oil in another frying pan (on the barbecue or hob), and add the onions. Cook for 15 mins until soft and golden, then add the sugar, vinegar and some seasoning. Cook for 5 mins more until caramelised and sticky. *Can be chilled for up to 2 days.*

4 Put the mushrooms on the barbecue (stuffed side up), close the lid or cover with foil, and cook for 20 mins until soft and cooked through. Be sure to keep an eye on the heat and move to the upper shelf if the bottoms of the mushrooms start to burn. Split the rolls and heat these on the barbecue, too. Spread each roll with some garlic mayo, top with salad leaves, a filled mushroom, some sticky onions and a grating of cheese.

PER SERVING 283 kcals, protein 6g, carbs 27g, fat 17g, sat fat 2g, fibre 4g, sugar 13g, salt 0.4g

To market, to market!

Market & Platters, a homegrown premium food store, is your one-stop destination to shop like the chefs.



Looking for gourmet ingredients and fresh produce? Look no further than Market & Platters, where you'll find everything from the freshest seafood, seasonal fruits & vegetables, to specialty cheeses, the choicest meats, wholesome bakery goods and the finest condiments and pantry products. The homegrown outlet, the first retail initiative of Fresh Express International – the leading supplier of gourmet food stuffs to restaurants and hotels in the region – gives consumers access to an array of high-quality products used by top chefs, at prices that won't break the bank.

Step inside the store to find a true European artisanal food market environment, where you are welcome to touch, try, sniff and taste your way through the gourmet finds. A true foodie haven, Market & Platters source the best ingredients from all over the world, following the seasons, and bringing new produce not easily found on

supermarket shelves.

While you can find everything you will need for your kitchen here, the store is renowned for its fresh seafood – whether it's yellowfin tuna, live lobsters, and the finest oysters, or Japanese fish specialties and King Crab from Norway, some of which cannot be found anywhere else in Dubai. In-store fishmongers will prepare according to your requirements and also share their tips and expertise. Market & Platters also offer a range of specialty 'ready-to-eat' platters, focusing on shellfish and sushi, which are perfect for stylish entertaining, when you haven't got much time.

Who says you can't cook like the pros? With a little help from Market & Platters, one of the best kept secrets of Dubai's foodie world, your kitchen can give any restaurant a run for its money. Just don't tell the professional chefs you might bump into on your shopping spree!

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WONDERING WHAT TO DO WITH THE FRESH SEAFOOD FROM THE STORE? TRY THIS RECIPE FROM MARKET & PLATTERS CULINARY MANAGER AND EXECUTIVE CHEF, ERIC MARTINET:



Bouillabaisse (Fisherman's pot)

SERVES 4 | PREP 5 MINS | COOK TIME 25 MINS

500g Ratte potato (or any other variety)
1 piece fennel
1l fish stock
2 whole red mullet (totaling 240 g)
280g monkfish loin
4 tiger prawns u-10 (explain this?)
280g John Dory fillet
½ kg mussels
1g saffron
Salt and pepper, to taste
Rosemary and thyme sprigs, for garnish (optional)
French bread, to serve with

- 1 Peel and slice potatoes into 1cm slices. Wash and dry carefully.
- 2 Divide fennel into 6 pcs. Wash and dry carefully.
- 3 Pour fish stock into large pot and bring to the boil.
- 4 Turn the heat down to a simmer and add fennel and potatoes into the stock. Once potatoes and fennel are cooked (about 10-15 mins), remove and keep side.
- 5 Place all fish fillets and mussels into stock until cooked through – about 10 mins.
- 6 Add saffron, potatoes and fennel. Season to taste with freshly ground sea salt and black pepper. Garnish with rosemary and thyme sprigs, if using. Serve hot in bowls with toasted rustic French bread.

Simple sides



Give your barbecue dinners a healthy makeover with these tasty accompaniments. Recipes KATY GILHOOLY Photograph CRAIG ROBERTSON

Wild rice with orange & fennel

SERVES 4 • PREP 10 MINS

• COOK 25 MINS **Easy** **Low fat**

Vit C **1 of 5-a-day** **Good for you** **Gluten Free**

200g basmati & wild rice
1 large fennel bulb, halved then cut into slices
1 tbsp olive oil
2 large oranges
Small pack of coriander, chopped

1 Cook the rice following pack instructions. Meanwhile, toss the fennel with olive oil and season. Cook the fennel in a griddle pan on a medium-high heat for 5 mins until softened.

2 Juice $\frac{1}{2}$ an orange. Peel the remaining oranges, slice them and cut each slice into quarters. Drain the rice, then stir through the orange juice, orange pieces, fennel and coriander.

PER SERVING 253 kcals, protein 6g, carbs 46g, fat 4g, sat fat 1g, fibre 5g, sugar 10g, salt none

Green beans with tomato & feta

SERVES 4 • PREP 5 MINS • COOK

5 MINS **Easy** **2 of 5-a-day** **Gluten Free**

300g green beans, trimmed
6 large tomatoes, roughly chopped
100g feta, cubed
1 tbsp olive oil

Boil a pan of water. Once boiling, add the beans and cook for 4 mins until tender. Drain the beans, then mix with the tomato and feta. Drizzle over the olive oil and season generously with black pepper.

PER SERVING 139 kcals, protein 6g, carbs 8g, fat 9g, sat fat 4g, fibre 4g, sugar 6g, salt 1.0g

Roasted squash with crushed pistachios

SERVES 4 • PREP 10 MINS

• COOK 40 MINS **Easy**

1 of 5-a-day **Good for you** **Gluten Free**

1 butternut squash, peeled and cut into chunks
2 tbsp olive oil
50g pistachios, toasted
4 thyme sprigs, leaves only
Juice of 1 lemon

1 Heat oven to 200C/180C fan. Toss the butternut squash with 1 tbsp of the olive oil and season. Roast in the oven for 40 mins until tender and caramelised.

2 Meanwhile, roughly crush the pistachios with the thyme and a pinch of salt using a pestle and mortar, or with the end of a rolling pin. Stir in the lemon juice and remaining oil, and check the seasoning. Spoon the pistachios over the squash to serve.

PER SERVING 209 kcals, protein 5g, carbs 19g, fat 11g, sat fat 2g, fibre 6g, sugar 10g, salt none **BT**



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Posh picnic for two

Egg 'n' bacon
dippers, recipe
p50

Poached salmon with
courgette & lentil salad
& lemon relish, recipe p50

Apricot & crème
fraiche Eton mess,
recipe p51

Food styling: JENNIFER JOYCE | Styling: REBECCA NEWPORT | Wine notes: SARAH JANE EVANS



Whether you're picnicking at the park or planning a special day out, this homemade hamper is heaving with delicious treats!
Recipes CASSIE BEST Photographs DAVID MUNN

Walnut scones,
recipe p51

Zingy blackberry
lemonade, recipe
p50



Egg 'n' bacon dippers

SERVES 2 • PREP 10 MINS

• COOK 15 MINS Easy 🔪 P

6-10 quail's eggs

Asparagus spears or Tenderstem broccoli

FOR THE BACON CRUMBS

2 rashers smoked streaky bacon

50g fresh white breadcrumbs

FOR THE WATERCRESS MAYO

Large handful of watercress

100g good-quality mayonnaise

1 tbsp Dijon mustard

1 First, make the bacon crumbs. Put the bacon in a dry frying pan and cook until really crisp. Transfer to a plate lined with kitchen paper, then pour all but a drizzle of oil out of the pan. Add the breadcrumbs, cook for a few mins until they turn golden and crisp, then tip these out too and leave to cool. Once the bacon is cool, put in a food processor and blitz to fine crumbs, add

the breadcrumbs and give it another quick blitz to combine. Tip into a jar or tub and chill until ready to serve. Will keep for 2 days. Bring back to room temperature before eating.

2 Bring a large pan of water to the boil and fill a large bowl with ice-cold water. Add the quail's eggs to the pan and cook for 2 mins, then fish out and plunge straight into the cold water. Repeat with the asparagus or broccoli, if using, cooking for just 1 min. Once cool, drain the veg and dry the eggs, put in a container or pop the eggs back in their egg box to transport.

3 Whizz the ingredients for the watercress mayo in a food processor, or just finely chop the watercress and mix everything together. Spoon this into a container for transporting, too. To serve, peel an egg (or take a piece of veg) and dip into the mayo, then into the bacon crumbs.

PER SERVING 565 kcal, protein 13g, carbs 21g, fat 48g, sat fat 9g, fibre none, sugar 3g, salt 2.8g



Zingy blackberry lemonade

MAKES 4 GLASSES • PREP 10 MINS

• NO COOK Easy 🔪 Low fat Vit C 1 of 5-a-day 🍷

2 lemons, cut into quarters, pips removed

150g punnet blackberries

Few mint sprigs, leaves picked

50g icing sugar

Fizzy water or Prosecco, to serve

Put the lemons, blackberries, mint leaves, sugar and 200ml water into a food processor. Blitz until everything is finely chopped and juicy. Strain through a fine sieve, bottle and chill until ready to drink. *Will keep for up to a week.* Top up with an equal measure of chilled fizzy water or Prosecco to serve.

PER GLASS 69 kcal, protein 1g, carbs 15g, fat none, sat fat none, fibre 1.6g, sugar 15g, salt none



Poached salmon with courgette & lentil salad & lemon relish

SERVES 2 • PREP 20 MINS

• COOK 10 MINS Easy 🔪

Folate Fibre Vit C Omega-3 3 of 5-a-day

Handful of mint and parsley stalks (save the leaves for the relish)

Peeled rind of 1 lemon (save the rest for the relish)

2 salmon fillets, bones removed

1 small courgette, peeled into ribbons with a vegetable peeler

½ fennel bulb, halved then very thinly sliced

8 radishes, cut into wedges

250g pouch ready-cooked Puy lentils

FOR THE LEMON RELISH

2 tbsp extra virgin rapeseed or olive oil

1 tsp clear honey

1 tsp Dijon mustard

Small handful each of mint and parsley leaves, finely chopped

1 shallot, very finely chopped

2 lemons (1 from above)

1 Fill a pan big enough to fit both salmon fillets with water. Add the herb stalks and lemon rind. Bring to a gentle simmer, then leave to bubble for 5 mins to allow the flavours to infuse.

2 Add the salmon to the pan, simmer gently for 1 min, then turn off the heat, cover with a lid and leave to poach for 5 mins. Transfer the salmon to a plate, peel off the skin and scrape away any brown flesh. Leave to cool, then chill until ready to serve.


3 To make the lemon relish, put the oil, honey and mustard in a bowl along with some seasoning, and whisk together. Add the herbs, shallot and the juice of 1 lemon. Cut the skin and pith away from the second lemon, then segment the pieces, catching any juice in the dressing bowl. Cut each segment into 3 or 4 small pieces, then add these too.

4 Assemble the salad ingredients in containers, then top each salad with a salmon fillet. Take the lemon relish in a jar for pouring over just before serving.

PER SERVING 622 kcal, protein 47g, carbs 34g, fat 30g, sat fat 4g, fibre 13g, sugar 9g, salt 1.8g



Apricot & crème fraîche Eton mess

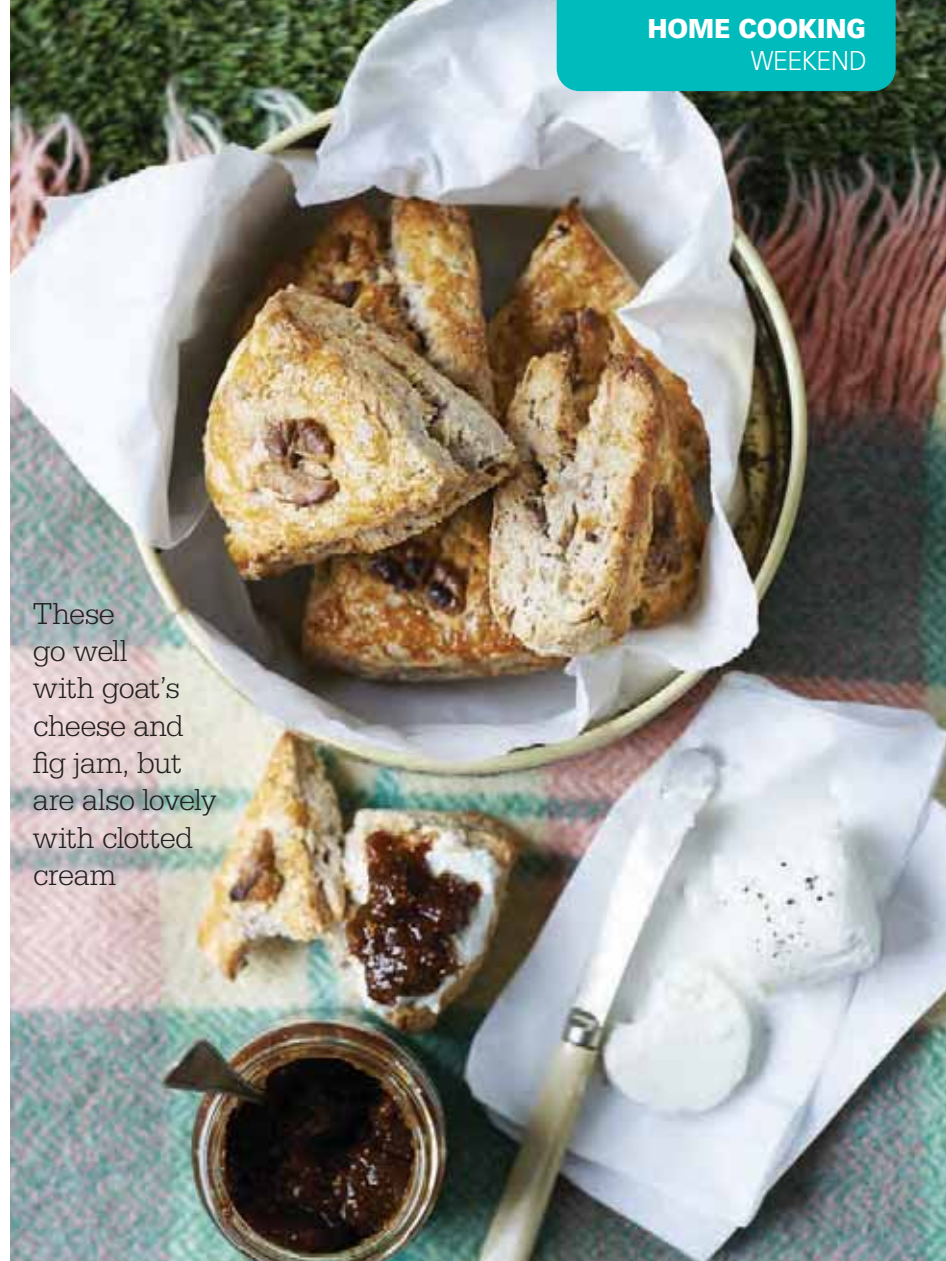
SERVES 2 • PREP 10 MINS PLUS COOLING • COOK 5 MINS **Easy** 

1 of 5-a-day **Gluten Free** 

6-8 apricots, halved and stoned
2 tbsp apricot jam
2 tbsp dessert wine, such as Sauternes, or water
100ml crème fraîche
150ml pot natural yoghurt
1 tbsp icing sugar
8 ready-made mini meringues

1 Place the apricot halves, jam and dessert wine or water in a small saucepan. Bubble for 2-3 mins until syrupy – the apricots should still be holding their shape. Divide between 2 pots or jam jars, leave to cool, then chill until ready to assemble.
2 Mix the crème fraîche, yoghurt and icing sugar, then pour over the apricots and chill until ready to serve. Transport in a cool bag. Take the meringues in a separate container, for crumbling over just before serving.

PER SERVING 354 kcals, protein 8g, carbs 53g, fat 10g, sat fat 7g, fibre 3g, sugar 52g, salt 0.3g



These go well with goat's cheese and fig jam, but are also lovely with clotted cream

Walnut scones

MAKES 6 • PREP 20 MINS

• COOK 15 MINS **Easy**  

225g self-raising flour, plus extra for dusting
1 tsp baking powder
50g butter, cubed
50g walnuts, finely chopped, plus 6 walnut halves for the tops
125-150ml whole milk
1 egg, beaten
Soft goat's cheese and fig jam, to serve (optional)

1 Heat oven to 220C/200C fan and lightly dust a baking sheet with flour. Mix the flour, baking powder and a good pinch of salt in a large bowl. Add the butter and rub together with your

fingertips until the mixture resembles fine breadcrumbs. Add the chopped walnuts and the milk, mix together using a cutlery knife until clumping together, then tip onto your work surface and squash together to form a ball – try not to work the dough too much or your scones will be heavy. Flatten the dough a little with your hand to make a disc roughly 3cm thick, then use a sharp knife to cut into 6 triangles.

2 Transfer to a baking sheet, brush with a little beaten egg, then place a walnut half on each scone. Bake for 15 mins until golden and puffed, then transfer to a wire rack to cool. Serve with soft goat's cheese and fig jam, if you like.

PER SERVING 278 kcals, protein 7g, carbs 28g, fat 15g, sat fat 6g, fibre 2g, sugar 2g, salt 0.8g **B**



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Cook in the great outdoors

Whether you're camping, glamping, caravanning or dune-bashing, these tried-and-tested recipes make casual cooking a breeze.

Recipes MARY CADOGAN
Photographs DAVID MUNNS

Niçoise pasta,
recipe p55



Rustle up a big breakfast

Camping usually makes people hungrier, so breakfast has got to be hearty. Make a big batch of granola beforehand, plus a ready-weighed pancake mix that can be made up into a batter in minutes. When only a cooked brekkie will do, try this pan-fried variation of egg & chips.



Anytime eggs & potatoes

SERVES 2 ● PREP 10 MINS ● COOK 40 MINS **Easy**      **2 of 5-a-day** **Gluten Free**

400g new potatoes

4 tbsp olive oil

1 onion, thinly sliced

2-4 eggs

Few large pinches of paprika

Handful of parsley, chopped

1 Cut the potatoes into medium-sized chips, then dry in a clean tea towel.

Heat the oil in a large frying pan, add the potatoes and onion, and cook fairly gently for 20-25 mins, stirring occasionally, until the potatoes are cooked and golden. Season well.

2 Make 2-4 spaces in the pan and crack in the eggs. Cook until the whites are set, then break the yolks. Sprinkle with paprika and parsley, and serve from the pan.

PER SERVING 457 kcals, protein 11g, carbs 37g, fat 30g, sat fat 5g, fibre 4g, sugar 7g, salt 0.3g



No-weigh cinnamon & yoghurt pancakes

MAKES 4 BATCHES OF DRY MIX (EACH BATCH MAKES 10-12 SMALL PANCAKES) ● PREP 10 MINS

● COOK 20 MINS **Easy**     

FOR THE DRY MIX

500g self-raising flour

4 rounded tbsp golden caster sugar

1 rounded tbsp ground cinnamon

TO MAKE ONE BATCH

125g pot natural yoghurt

1 large egg

2 tbsp milk

A little butter, for frying

Maple syrup or Nutella, to serve

1 Before you go, tip the flour, sugar and cinnamon into a bowl and mix thoroughly to distribute the cinnamon evenly. Transfer to a rigid container and seal.

2 To make a batch of pancakes, tip the yoghurt into a bowl or jug and add the egg and milk, then mix with a fork. Rinse the yoghurt pot and dry well. Measure a scoop of dry mix into a bowl, make a well in the centre, and add the yoghurt mixture. Beat together to make a smooth batter.

3 Heat a frying pan with a knob of butter. Spoon tablespoons of mixture, a little apart, into the pan and cook until bubbles appear on the surface, about 2-3 mins. Flip them over and cook until firm to the touch, then transfer to a plate. Add a little more butter and continue to cook the pancakes until all the batter is used up. Serve with toppings of your choice.

PER PANCAKE (10) 75 kcals, protein 3g, carbs 12g, fat 2g, sat fat 1g, fibre 1g, sugar 3g, salt 0.2g

Quick & easy lunches

Holiday lunches are often eaten on the go, so need to be quick and sustaining. The Deli couscous improves with keeping and packs plenty of energy while not weighing you down.



Deli couscous

SERVES 4-6 • PREP 5 MINS

• COOK 10 MINS **Easy** **V** **1 of 5-a-day**

400g couscous
1 tbsp vegetable stock powder
5 tbsp olive oil
1 garlic clove, finely chopped
Zest and juice 2 lemons
200g feta
400g deli veggies such as roasted peppers, artichokes, sundried tomatoes or aubergines, cut into bite-sized pieces
Small bunch of basil leaves (optional)

1 Tip the couscous into a large bowl with the stock powder and mix well. Pour over boiling water to come 1cm above the level of the couscous, cover with a plate and leave for 5 mins. Fluff up with a fork, then add the oil, garlic and lemon zest and juice and fluff up again.

2 Cut the feta into small chunks and add to the couscous with the deli vegetables and basil, if using. Season and mix lightly.

PER SERVING (6) 522 kcal, protein 15g, carbs 47g, fat 29g, sat fat 8g, fibre 5g, sugar 2g, salt 2.3g

Niçoise pasta

SERVES 4 • PREP 15 MINS • COOK

15 MINS **Easy** **Fibre** **2 of 5-a-day**

300g green beans
350g penne
3 tbsp olive oil
2 fat garlic cloves, chopped
70g can anchovies, drained and chopped
400g cherry tomatoes, halved
Handful of black olives, stoned
160g can tuna, drained
Juice of 1 lemon
Handful of basil leaves

1 Trim the beans and cut in half. Bring a large pan of water to the boil and add 1 tsp salt. Add the penne, bring to the boil and cook following pack instructions. Throw in the beans 5 mins before the end of the cooking time.

2 Meanwhile, heat the oil in a frying pan, add the garlic and anchovies, and fry gently for a couple of mins, stirring to dissolve the anchovies in the oil. Add the tomatoes and cook for a few mins until softened but not pulpy.

3 Drain the pasta and return to the pan, then add the tomato sauce and olives. Flake in the tuna and add the lemon juice and basil. Heat through and serve.

PER SERVING 504 kcal, protein 24g, carbs 70g, fat 15g, sat fat 2g, fibre 6g, sugar 7g, salt 1.7g



No-fuss dinners

Evenings are often the highlight of the trip, as you talk over the events of the day and make plans for the next over a drink and a good supper as the sun goes down.



Merguez beanpot

SERVES 4 • PREP 10 MINS • COOK 45

MINS **Easy** **Vit C** **Iron** **Calcium** **Folate** **Fibre**

2 tbsp olive oil
500g merguez sausages, cut into bite-sized pieces
2 onions, chopped
1 red pepper, chopped
2 x 400g cans chopped tomatoes
2 tbsp each Worcestershire sauce, Dijon mustard and brown sugar
2 x 400g cans cannellini or red kidney beans, drained
Coriander or parsley and tortillas, to serve

1 Heat the oil in a large pan, add the sausages and fry until browned. Add the onions and pepper, and fry for 5 mins until softened. Add the tomatoes and 1 can of water, the Worcestershire sauce, mustard and sugar. Season and bring to the boil. Give it a stir, then reduce the heat, cover and simmer for 15 mins.

2 Stir in the beans, return to a simmer and cook for a further 5 mins. Scatter with parsley or coriander and serve in bowls with tortillas.

PER SERVING 658 kcal, protein 25g, carbs 47g, fat 39g, sat fat 12g, fibre 10g, sugar 28g, salt 4.8g >>

Ready in
20 minutes

BBQ lamb steaks with garlicky white beans

SERVES 2 • PREP 10 MINS

• COOK 10 MINS **Easy** 

Fibre **Iron** **3 of 5-a-day** **Gluten Free**

2 lamb leg steaks

A little lemon juice

1 tbsp olive oil, plus a little extra

1 tsp chopped fresh rosemary or

½ tsp dried

1 onion, chopped

2 garlic cloves, chopped

200g cherry tomatoes, halved

400g can haricot beans, drained

Handful of coriander leaves (optional)

1 Heat the barbecue, if using, and let

the flames die down a little. Sprinkle the lamb with lemon juice, a little oil, rosemary and seasoning. Set aside.

2 Heat the oil in a pan, add the onion and fry for 5 mins until softened. Add the garlic and tomatoes and fry until the tomatoes are just softened but not pulpy. Stir in the beans and heat through.

3 Meanwhile, cook the lamb on the barbecue for 3-4 mins each side, or use a hot griddle pan. Roughly chop the coriander, if using, and scatter over the beans to serve.

PER SERVING 463 kcals, protein 39g, carbs 29g, fat 22g, sat fat 7g, fibre 10g, sugar 8g, salt 0.3g



Take-along bake

Oat & cranberry bars

MAKES 12 • PREP 15 MINS

• COOK 20-25 MINS **Easy** 

100g self-raising flour

100g porridge oats

100g light muscovado sugar

100g dried cranberries

100g butter, melted

1 tbsp golden syrup

1 large egg, beaten

1 tsp vanilla or almond extract

3 tbsp flaked almonds

Icing sugar, for dusting

1 Heat oven to 180C/160C fan. Line the base of a 20cm square tin with baking parchment.

2 In a large bowl, mix together the flour, oats, sugar and cranberries. Make a well in the centre and add the butter, golden syrup, egg and vanilla extract. Stir well until evenly damp.

3 Tip into the tin and spread out evenly. Sprinkle with almonds and bake for 20-25 mins until lightly golden. Cool in the tin for 10 mins, then cut into 6 one way and 2 the other to make 12 bars. Dust with icing sugar.

PER BAR 216 kcals, protein 4g, carbs 27g, fat 10g, sat fat 5g, fibre 2g, sugar 15g, salt 0.2g **5t**



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SOUK AL BAHAR



Rub it in!

Take your barbecue to the next level by making these spice rubs at home in minutes. Ryan Waddell, head chef at Reform Social and Grill, shares his favourite spice mixes. Photographs ANAS CHERUR



Self-trained Scottish chef Ryan Waddell has been working in the culinary field for 13 years. He has

previously worked in Scotland, and also opened the Hoxton Grill and The Canbury Arms pub in London, before moving to Dubai to launch Reform Social and Grill as head chef.

Cajun dry rub

MAKES 250G • PREP 10 MINS **Easy**

Toast **1 tbsp cumin seeds** in a dry pan and place **50g cayenne pepper**, **125g smoked paprika**, **1 tbsp onion powder**, **1 tbsp garlic powder**, **1 tsp peppercorn**, **1 tbsp cumin seeds**, **1 tsp dried oregano**, and **1 tsp dried thyme**, into a mortar and pestle. Grind until it becomes a powder and rub on beef or pork.



Lemon and herb fish rub

MAKES 250G • PREP 10 MINS **Easy**

Toast **1 tbsp fennel seeds** in a dry pan, transfer to a mortar and pestle and grind to a powder. In a bowl, mix zest from **2 lemons**, **½ tsp garlic powder**, **1 tsp chopped fresh dill**, **1 tsp chopped fresh thyme**, **1 tsp chopped fresh tarragon**, **½ tsp celery salt** and **10ml olive oil**. Coat the fish with this paste before cooking it.

Sweet and spicy rub ↗MAKES 250G ● PREP 5 MINS **Easy**

Mix together **6 tbsp soft dark brown sugar**, **2 tbsp smoked paprika**, **2 tbsp chilli powder**, **1 tsp cumin powder**, **2 tsp garlic powder**, **½ tsp ground nutmeg** and **2 tsp salt**. Rub on lamb or beef.

Moroccan lamb rub ↗MAKES 250G ● PREP 5 MINS **Easy**

Blend **1 red onion** (cut into 4 pieces), **20 mint leaves**, **5 garlic cloves**, **2 tsp ground cumin**, **2 tsp ground coriander**, **1 tsp ground turmeric**, **1 tsp ground cinnamon**, **½ tsp ground ginger**, **1 tbsp fresh thyme**, **2 tsp smoked paprika**, **2 red chillies** (deseeded), **1 tbsp salt**, **1 tsp freshly ground black pepper**, juice of **1 lemon**, and **100ml olive oil**, to make a paste. If possible, marinate the lamb for 30 mins before cooking.

SHELF LIFE

How long these spice mixes will keep: The dry rubs like the five-spice, sweet and spicy, and Cajun will last for up to two months, when placed in an airtight container. The lemon and herb rub should be used within a day, while the Moroccan rub should be used within three days.

Five-spice mix ↗MAKES 250G ● PREP 5 MINS **Easy**

Toast **1 tbsp of fennel seeds** in a dry pan and transfer to a mortar and pestle to grind to a fine powder. Mix this with **1 tbsp five-spice powder**, **1 tbsp onion powder**, **1 tbsp garlic powder**, **100g soft light brown sugar** and **100g salt**. Smear this spice mix on chicken or pork. [E1](#)

A Spanish favourite



In the second of a three-part series, Alvaro Roa, Sous Chef at Salero Tapas and Bodega, Kempinski Hotel Mall of the Emirates, shows us how to make a traditional seafood paella.



Seafood paella

SERVES 4 | PREP 10 MINS | COOK 15 MINS

Easy

- 50g white onions, chopped
- 50g cuttlefish
- 50ml olive oil
- 10g garlic, chopped
- 50g red peppers, brunoise
- 50g green bell peppers, brunoise
- 300g bomba rice
- 5g Spanish smoked paprika
- 1 tsp saffron
- 20g tomato sauce
- 250g clams, cleaned
- 250g mussels, cleaned
- 600ml fish stock
- 4 langoustines
- 10 medium size prawns
- Salt, to taste
- 6 snap peas, for garnish
- 6 red and yellow pepper strips, for garnish
- 6 lemon wedges, for garnish

- 1** Sauté the chopped onions on medium fire until it becomes golden in color and all of the liquid disappears. Remove the onions from the heat and add the cubed cuttlefish to the pan. Sauté on high fire until the cuttlefish is slightly cooked, then add the onion and cook on medium heat until the cuttlefish is cooked but still tender.
- 2** Heat the pan and fry the garlic and bell peppers in the olive oil. Add the rice, smoked paprika, saffron and the tomato sauce. Continue cooking at medium heat for a couple of mins so that the rice absorbs all the flavour. Add the cuttlefish, mussels and clams, followed by the stock – the pan must be really hot in order to make it boil fast. Do not stir the paella.
- 3** Place the prawns on top of the rice to let it cook with the steam. The paella needs about 15 mins to cook. In case the rice at the top of the pan is not cooked, remove it from the fire and cover the pan for 10 mins with a cloth – the moisture will make it cook quicker. Set aside to rest for 5 mins before garnishing with the peppers, lemon wedges and snap peas.

STEP-BY-STEP GUIDE TO PREPARING THE SEAFOOD

FOR PRAWNS

- 1** Use both your hands and pull apart the prawn head from the body.



- 2** Cut the side of the prawn to carefully take out the vein. Keep the tail on.



FOR LANGOUSTINE

- 1** Make a slit on top of the langoustine through the middle, but make sure it doesn't cut through the flesh completely.



- 2** Remove the shell off the langoustine by pulling it out.



FOR CUTTLEFISH

- 1** Cut the cuttlefish horizontally and open it out so that it is one large butterflied piece.



- 2** Slice and cube the cuttlefish.



TIP: How to brunoise

To brunoise vegetables, first cut into long strips, then quarter and dice to make tiny cubes.

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DUBAI



Learn to: Make bagels



Baking guru and former Great British Bake Off winner Edd Kimber shares his foolproof recipe.

Photographs DAVID MUNNS

Edd's bagels

MAKES 10 • PREP 30 MINS PLUS
PROVING AND RISING

• COOK 35 MINS **A little effort**

7g sachet fast-action dried yeast

500g strong white flour,

plus a little extra for shaping

2 tbsp light brown sugar

A little oil, for greasing

1 tbsp bicarbonate of soda

1 egg white, to glaze

Seeds of your choice for the topping

PER BAGEL 207 kcals, protein 7g, carbs 39g,
fat 2g, sat fat none, fibre 1g, sugar 4g, salt 0.9g

Alkalised water

Now for a bit of science!
Adding bicarbonate of soda to
the water contributes to the
'shine' and 'chew' of the finished
bagel crust.

HOW TO FREEZE

Once baked, you can freeze the bagels
for up to two months. Simply wrap
individually first in cling film and then
foil. Defrost at room temperature.

DIFFERENT TOPPINGS

I've used sesame seeds on my
bagels, but vary this as you like
– try linseed, poppy, pumpkin or
sunflower seeds, or a mixture.



6 *Making bagels is surprisingly easy – it's just a simple bread dough with two added steps. There are a number of different methods for adding the hole, but I've used what I think is the easiest. I always recommend boiling the uncooked dough, which does two things – it creates a darker colour and it gives the bagel its delicious chewiness.*

- Edd Kimber



1 Mix the yeast with 300ml lukewarm water. Put the flour, sugar and 1 tsp salt in a large bowl and mix together. Pour over the yeasty liquid and mix into a rough dough.



2 Tip out onto the work surface and knead together until smooth and elastic – this should take around 10 mins.



3 Put the dough in a lightly oiled bowl and cover with a piece of oiled cling film. Place in a warm area and leave until doubled in size, about 1 hr, then uncover and tip onto your work surface.



4 Divide the dough into 10 portions and form into balls – weigh them to make sure that they're all the same size. Line up on 2 parchment-lined baking trays and cover lightly with cling film.



5 Leave for around 30 mins or until risen and puffy, then remove the cling film.



6 Use a floured finger to make a hole in the centre of each bagel, swirling it around to stretch the dough a little, but being careful not to knock out too much air. Heat oven to 180C/160C fan.



7 Fill a large saucepan with water and bring to the boil. Add the bicarbonate of soda to alkalis the water (see box, previous page). Place 1-2 of the bagels in the water at a time and boil for 1 min (2 mins if you want a chewier bagel), turning over halfway through. Using a slotted spoon, lift out the bagels, drain well and place back on the baking tray.



8 Brush the bagels with the egg white and sprinkle with your chosen seeds. Bake for 20-25 mins or until golden brown. Transfer to a wire rack to cool before eating. *They will keep for 3-4 days, or freeze for 2 months (see How to freeze, previous page).*

TIP To make sweet cinnamon bagels, add 1 tbsp extra sugar and 2 tsp ground cinnamon when mixing in step 1.

Delicious

Classic bakes go gluten-free
and taste as good, if not better!

desserts

Indulgent treat



Chocolate & pecan tart

SERVES 6-8 • PREP 15 MINS

PLUS CHILLING • COOK 1 HR 15 MINS

Easy    Gluten Free

175g dark chocolate

50g salted butter

4 eggs, beaten

250ml maple syrup

250g whole pecan nuts

Vanilla ice cream or double cream,
to serve

FOR THE PASTRY

150g chilled butter, diced

250g gluten-free plain flour, plus a
little extra for dusting

1½ tsp xanthan gum

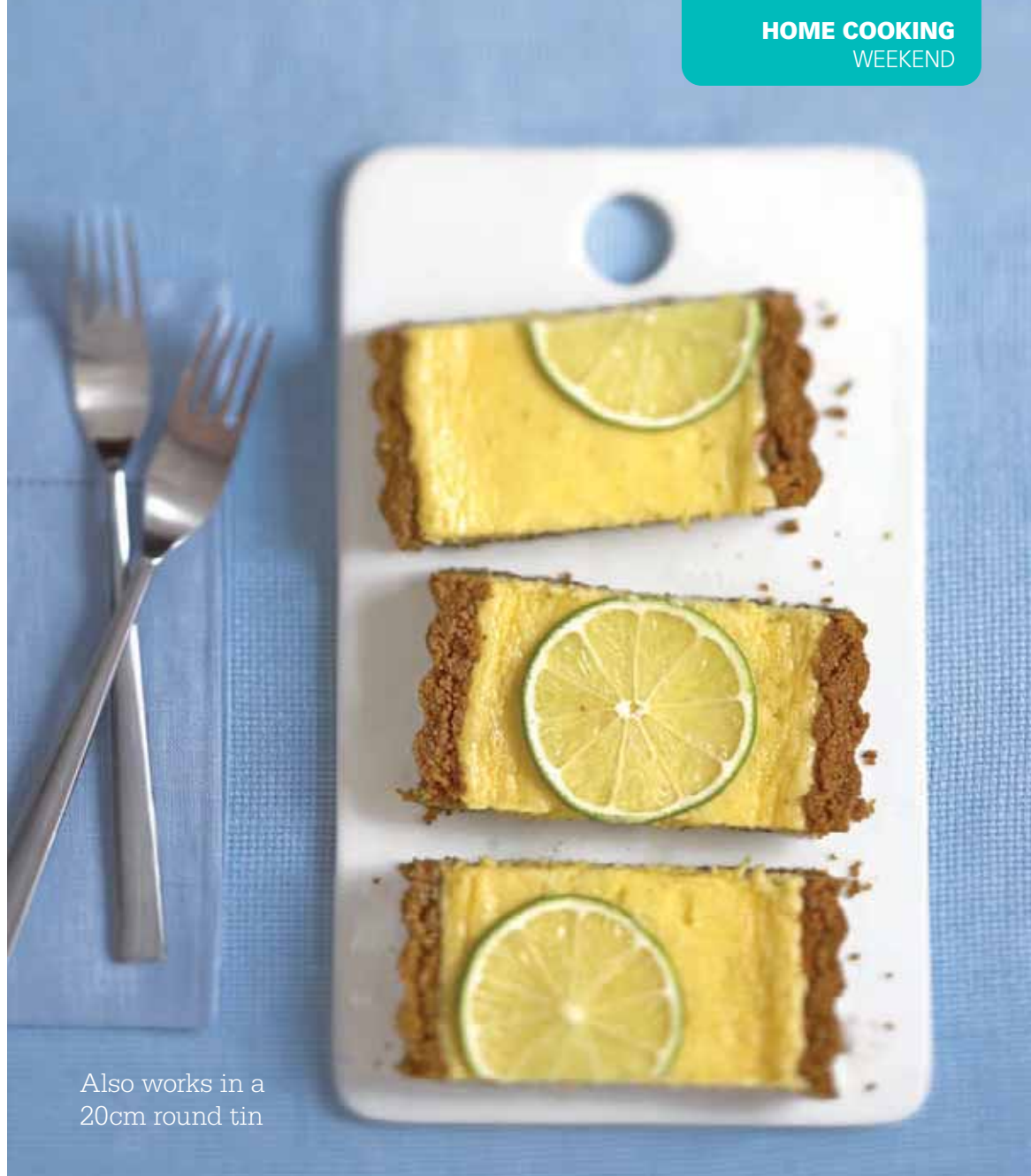
2 tbsp icing sugar

1 To make the pastry, rub butter into the flour until the mixture resembles fine breadcrumbs. Stir in the xanthan gum and icing sugar. Add 5 tbsp water, mixing with a cutlery knife until the dough starts to come together. Knead lightly, wrap in cling film and chill for at least 30 mins.

2 Heat oven to 180C/160C fan. Roll the pastry out on a lightly floured surface and use to line a 20cm round loose-bottomed tart tin. Fill the tart with baking parchment and baking beans, bake for 25 mins, then remove the parchment and beans. Continue to cook for 10 mins until golden. Remove from the oven and cool.

3 Melt the chocolate and butter together in a large bowl over a pan of simmering water. Whisk the eggs and maple syrup together, then stir into the chocolate with most of the nuts. Pour into the tart shell, top with the remaining nuts, then bake for 30-40 mins until set. Cool and serve with vanilla ice cream or double cream.

PER SERVING (6) 898 kcals, protein 13g, carbs 75g, fat 63g, sat fat 19g, fibre 4g, sugar 47g, salt 0.6g



Also works in a
20cm round tin

Biscuity lime pie

SERVES 6 • PREP 20 MINS

• COOK 40 MINS     Gluten Free

300g gluten-free ginger nut biscuits

100g butter, melted

3 egg yolks

50g golden caster sugar

Zest and juice of 4 limes, plus thin
lime slices (optional) to serve

Zest and juice of 1 lemon

397g sweetened condensed milk

1 Heat oven to 180C/160C fan. Tip the biscuits into a food processor and blitz to crumbs. Add the butter and pulse to combine. Tip the mix into a fluted rectangular tart tin, about 10 x 34cm (or

20cm round tin) and press into the base and up the sides, right to the edge. Bake for 15 mins until crisp.

2 Meanwhile, tip the egg yolks, sugar, and lime and lemon zests into a bowl and beat with an electric whisk until doubled in volume. Pour in the condensed milk, beat until combined, then add the citrus juices.

3 Pour the mix into the tart case and bake for 20 mins until just set with a slight wobble in the centre. Leave to set completely, then remove from the tin, cool and chill. Serve in slices topped with thin lime slices, if you like.

PER SERVING 633g kcals, protein 10g, carbs 85g, fat 30g, sat fat 15g, fibre 1g, sugar 64g, salt 0.93g >>



Schooldays treacle sponge

SERVES 4 ● PREP 30 MINS ● COOK
1 HR 30 MINS Easy V Gluten Free

175g unsalted butter, softened, plus extra for greasing

3 tbsp golden syrup, plus extra for drizzling (optional)

1 tbsp gluten-free white breadcrumbs

175g golden caster sugar

Zest of 1 lemon

3 large eggs, beaten

175g gluten-free plain flour

1 tsp gluten-free baking powder

2 tbsp milk

Custard or clotted cream, to serve

1 Use a small knob of butter to heavily grease a 2-litre pudding basin. In a small bowl, mix the golden syrup with

the breadcrumbs, then tip into the pudding basin.

2 Beat the butter with the sugar and zest until light and fluffy, then gradually add the eggs. Fold in the flour and baking powder, then finally add the milk.

3 Spoon the mix into the pudding basin. Cover with a double layer of buttered foil and baking paper, making a pleat in the centre to allow the pudding to rise. Tie the foil securely with string, then place in a steamer or large pan containing enough gently simmering water to come halfway up the sides of the basin. Steam for 1½ hrs. Turn out onto a serving dish. Serve drizzled with extra golden syrup if you like, and lashings of custard or clotted cream.

PER SERVING 763 kcals, protein 10g, carbs 90g, fat 43g, sat fat 25g, fibre 1g, sugar 56g, salt 0.71g



Baked lemon & vanilla rice pudding

SERVES 4-6 ● PREP 5 MINS ● COOK
1 HR 35 MINS Easy V Gluten Free

600ml milk

450ml single cream

Zest of 1 unwaxed lemon

1 vanilla pod, split

25g caster sugar

100g short-grain pudding rice

25g butter, diced

1 Heat oven to 140C/120C fan. Put the milk, cream, zest and vanilla pod in a saucepan. Gently bring to a simmer, then stir in the caster sugar and rice.

2 Transfer mixture to a shallow ovenproof dish and dot the butter on top. Bake for 30 mins, then stir well and cook for 1 hr more until the pudding is soft and creamy, and a golden skin has formed on top. The depth and type of dish you use will affect the cooking time, so if the pudding seems too loose, return to the oven and check every 10 mins or so. Once cooked, rest for 10 mins before serving.

PER SERVING (6) 309 kcals, protein 6g, carbs 27g, fat 20g, sat fat 12g, fibre none, sugar 10g, salt none V



goodfood

AWARDS

Middle East

2014

Vote now!

Known for celebrating
the best foodie brands and experiences
in the region, the fifth annual
BBC Good Food Middle East awards
is now open for 2nd round of voting.

Voting ends November 27.

Turn over to find a list of all the shortlisted nominees.

HOW IT WORKS

In the nomination phase, which runs from August 4 -September 30, we are calling consumers to nominate their favourites in each category online. After September 30, the top ten nominees in each category (with the highest votes) will be listed on our website.

Between October 15 and November 27, consumers will then get to vote again for the winner, from that list. The winners will be revealed at our gala awards event in January 2015.

** Winners for Restaurant of the Year (Dubai & Abu Dhabi), Best New Restaurant (Dubai & Abu Dhabi), Best sustainable restaurant and Chef of the Year will be chosen by an independent judging panel.*

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sponsor



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station



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communications
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RESTAURANTS - FINE DINING

CHEF OF THE YEAR

- * **AMRISH SOOD** – Rang Mahal by Atul Kochhar, JW Marriott Marquis Dubai
- * **ANDY TOH** – Hakkasan Dubai, Jumeirah Emirates Towers
- * **COLIN CLAGUE** – Qbara Dubai
- * **DARREN VELVICK** – Table 9 by Darren Velvick, Hilton Dubai Creek
- * **IZU ANI** – La Serre Bistro & Boulangerie, Vida Downtown Dubai
- * **JUSTIN GALEA** – Le Royal Meridien, Abu Dhabi
- * **LIJ HERON** – Lexington Grill, Waldorf Astoria Ras Al Khaimah
- * **LUIGI VESPERO** – The Rib Room, Jumeirah Emirates Towers Hotel
- * **REIF BIN OTHMAN** – Zuma
- * **ROBERTO SEGURA** – The Act Dubai, Shangri-La Hotel, Dubai

RESTAURANT OF THE YEAR

DUBAI

- * **GAUCHO**, DIFC
- * **HAKKASAN DUBAI**, Jumeirah Emirates Towers
- * **LA PETIT MAISON**, DIFC
- * **LA SERRE BISTRO AND BOULANGERIE**, Vida Downtown Dubai
- * **NOBU**, Atlantis the Palm
- * **RANG MAHAL BY ATUL KOCHHAR**, JW Marriott Marquis Dubai
- * **RHODES TWENTY 10**, Le Royal Meridien Beach Resort and Spa
- * **ROBERTO'S**, DIFC
- * **TRAITEUR**, Park Hyatt Dubai
- * **ZUMA**, DIFC

ABU DHABI

- * **55&5TH THE GRILL**, The St. Regis Saadiyat Island Resort
- * **BORD EAU**, Shangri-La Hotel, Qaryat Al Beri
- * **BRASSERIE ANGELIQUE**, Jumeirah at Etihad Towers
- * **CATALAN**, Rosewood Abu Dhabi
- * **HAKKASAN**, Emirates Palace Abu Dhabi
- * **INDIGO**, Beach Rotana Abu Dhabi
- * **MARCO PIERRE WHITE STEAKHOUSE & GRILL**, Fairmont Bab Al Bahr
- * **PACHAYLEN**, Eastern Mangroves Hotel & Spa by Anantara
- * **RHODES 44**, The St Regis Abu Dhabi
- * **VASCO'S**, Hilton Abu Dhabi

DOHA

- * **AGORA**, Grand Heritage Doha Hotel And Spa
- * **CHI'ZEN**, Oryx Rotana Doha
- * **GORDON RAMSAY**, The St Regis Doha
- * **HAKKASAN DOHA**, The St. Regis Doha
- * **HWANG**, Intercontinental Doha
- * **IL TEATRO**, Four Seasons Hotel Doha
- * **LA PIAZZA**, Al Bidda Boutique Hotel
- * **LA VARENNE FRENCH BRASSERIE**, West Bay
- * **MARKET BY JEAN GEORGES**, W Doha
- * **PAPER MOON**, W Doha

BEST NEW RESTAURANT

DUBAI

- * **BÄ**, Fairmont the Palm
- * **CUT BY WOLFGANG PUCK**, The Address Hotel Downtown
- * **DON ALFONSO 1890**, Shangri-La Hotel, Dubai
- * **EL SUR**, The Westin Dubai Mina Seyahi Beach Resort and Spa
- * **FÜMÉ**, Pier 7 Dubai Marina
- * **IZEL**, Conrad Dubai
- * **QBARA**, Wafi
- * **TOKO**, Vida Downtown Dubai
- * **TORTUGA MEXICAN KITCHEN**, Mina A' Salam, Madinat Jumeirah
- * **YUAN**, Atlantis the Palm

- * **AMALFI**, Le Royal Meridien Abu Dhabi
- * **AVASA**, The St. Regis Saadiyat Island Resort
- * **BENTLEY BISTRO & BAR**, The Galleria
- * **BOA STEAKHOUSE**, Eastern Mangroves Promenade
- * **CARAMEL RESTAURANT & LOUNGE**, Abu Dhabi

ABU DHABI

- * **KOI RESTAURANT & LOUNGE**, The Collection, Saadiyat Island
- * **MARKET KITCHEN**, Le Royal Meridien Abu Dhabi
- * **THE CAPITAL GRILL**, Dusit Thani Abu Dhabi
- * **THE FOUNDRY**, Southern Sun Abu Dhabi
- * **ZUMA**, The Galleria Mall

BEST EUROPEAN RESTAURANT

- * **BORD EAU**, Shangri-La Hotel, Qaryat Al Beri
- * **BRASSERIE ANGELIQUE**, Jumeirah Etihad Towers
- * **ELIA**, Majestic Hotel Tower Dubai
- * **LA PETIT MAISON**, DIFC
- * **LA SERRE BISTRO AND BOULANGERIE**, Vida Downtown Dubai
- * **MARKET BY JEAN-GEORGES**, W Doha
- * **PICANTE**, Four Points by Sheraton Bur Dubai
- * **REFLETS PAR PIERRE GAGNAIRE**, InterContinental Dubai
- * **SOCIAL BY HEINZ BECK**, Waldorf Astoria Palm Jumeirah
- * **TRAITEUR**, Park Hyatt Dubai

BEST ASIAN RESTAURANT

- * **BENIHANA RESTAURANT**, Amwaj Rotana Hotel
- * **BENJARONG** Thai Restaurant, Dusit Thani Dubai
- * **BLUE JADE**, Ritz Carlton Dubai
- * **HAKKASAN**, Jumeirah Emirates Towers Dubai
- * **HOI AN**, Shangri-La Hotel, Abu Dhabi
- * **OKKU**, The H Dubai
- * **QUEST**, Jumeirah Etihad Towers
- * **THAI KITCHEN**, Park Hyatt Dubai
- * **TONG THAI**, JW Marriott Marquis Dubai
- * **UMAI**, The Oberoi, Dubai

BEST CONTEMPORARY BRITISH RESTAURANT

- * **D&A**, Jumeirah Beach Hotel
- * **HARVESTERS PUB**, Crowne Plaza Dubai
- * **MARCO PIERRE WHITE GRILL**, Conrad Dubai
- * **REFORM SOCIAL & GRILL DUBAI**, The Lakes Club
- * **RHODES TWENTY 10**, Le Royal Meridien Beach Resort and Spa
- * **RIVINGTON GRILL**, Souk al Bahar
- * **SCOTTS**, Jumeirah at Etihad Towers
- * **TABLE 9 BY DARREN VELVICK**, Hilton Dubai Creek
- * **THE IVY DUBAI**, Jumeirah Emirates Towers
- * **WHEELER'S OF ST JAMES'S**, DIFC

BEST LATIN AMERICAN RESTAURANT

- * **ASADO**, The Palace Downtown Dubai
- * **CHAMAS**, InterContinental Abu Dhabi
- * **FREVO**, Fairmont The Palm
- * **GAUCHO**, DIFC
- * **LA PARILLA**, Jumeirah Beach Hotel, Dubai
- * **MAYA**, Le Meridien Beach Resort and Spa
- * **PACHANGA**, Hilton Dubai Jumeirah Resort
- * **THE ACT** Dubai, Shangri-La Hotel Dubai
- * **TORO TORO**, Grosvenor House Dubai
- * **TORTUGA MEXICAN KITCHEN**, Madinat Jumeirah

BEST INDIAN RESTAURANT

- * **AMALA**, Jumeirah Zabeel Saray
- * **ANANTA**, The Oberoi Hotel Dubai
- * **INDEGO BY VINEET**, Grosvenor House Dubai
- * **IZ**, Grand Hyatt Dubai
- * **LA PORTE DES INDES**, The Address Dubai Mall
- * **OPTIONS**, DWTC
- * **PATIALA**, Souk Al Bahar
- * **RANG MAHAL BY ATUL KOCHHAR**, JW Marriott Marquis Dubai
- * **SPICE MELA**, Rosewood Abu Dhabi
- * **USHNA**, Abu Dhabi

BEST MIDDLE EASTERN RESTAURANT

- * **AL NAFOORAH**, Jumeirah Emirates Towers
- * **ATAYEB**, Yas Viceroy Abu Dhabi
- * **EWAAN**, The Palace Downtown Dubai
- * **LEVANTINE**, Atlantis The Palm
- * **NA3NA3**, The Address Hotel Dubai Mall
- * **NAWWARA**, JW Marriott Marquis Dubai
- * **OTTOMANS**, Grosvenor House Dubai
- * **QBARA**, Wafi City
- * **SHABESTAN**, Radisson Blu Dubai Deira Creek
- * **TAGINE**, One & Only Royal Mirage

BEST STEAKHOUSE

- * **THE FORGE**, The Ritz Carlton Abu Dhabi
- * **GAUCHO**, DIFC
- * **HUNTERS**, The Westin Mina Seyahi Beach Resort and Spa
- * **LEXINGTON GRILL**, Waldorf Astoria Ras Al Khaimah
- * **MARCO PIERRE WHITE STEAKHOUSE & GRILL**, Fairmont Bab Al Bahr
- * **PRIME 68**, JW Marriott Marquis Dubai
- * **RUTH'S CHRIS STEAK HOUSE**, The Address Dubai Marina
- * **THE MEAT CO.**, Madinat Jumeirah
- * **THE RIB ROOM**, Jumeirah Emirates Towers
- * **WEST 14TH**, Oceana Beach Club, Palm Jumeirah

BEST BRUNCH

- * **AL BAHOU FRIDAY BRUNCH**, Mövenpick Hotel Ibn Battuta Gate
- * **AL QASR FRIDAY BRUNCH**, Madinat Jumeirah
- * **BUBBALICIOUS**, The Westin Dubai Mina Seyahi Beach Resort and Spa
- * **FIZZ FACTORY ROYALE**, Le Royal Meridien Abu Dhabi
- * **FRIDAY BRUNCH**, Radisson Blu Hotel, Dubai Deira Creek
- * **FRIDAY FORK & CORK BRUNCH, CRESCENDO**, Anantara Dubai The Palm Resort & Spa
- * **THE BIG BRUNCH** at Eastern Mangroves Hotel & Spa by Anantara
- * **JAZZ & BUBBLES FRIDAY BRUNCH**, The Talk and Soul Mövenpick JBR
- * **TORO TORO**, Grosvenor House Dubai
- * **TRAITEUR BRUNCH**, Park Hyatt Dubai

BEST ITALIAN RESTAURANT

- * **ALTA BADIA**, Jumeirah Emirates Towers
- * **BICE**, Hilton JBR
- * **BUSSOLA**, The Westin Dubai Mina Seyahi Beach Resort and Spa
- * **CERTO**, Radisson Blu Hotel Dubai Media City
- * **FRANKIE'S ITALIAN BAR & GRILL**, Al Fattan Tower, JBR
- * **PAX ITALIAN RESTAURANT**, Dusit Thani Dubai
- * **POSITANO**, JW Marriott Marquis Dubai
- * **ROBERTO'S Restaurant & Lounge**, DIFC
- * **RONDA LOCATELLI**, Atlantis, The Palm
- * **ROSSO**, Amwaj Rotana,

BEST SEAFOOD RESTAURANT

- * AL MAHARA, Burj al Arab Dubai
- * BICE MARE, Souk Al Bahar, Downtown
- * FISH MARKET, Radisson Blu Hotel Dubai Deira Creek
- * FLOOKA, Dubai Marine Beach Resort and Spa
- * OSSIANO, Atlantis The Palm
- * PEARLS & CAVIAR, Shangri-La Hotel, Qaryat Al Beri Abu Dhabi
- * PIERCHIC, Al Qasr
- * SAYAD, Emirates Palace Abu Dhabi
- * SEAGRILL ON 25° RESTAURANT & LOUNGE, Fairmont The Palm
- * TURQUOIZ, The St.Regis Saadiyat Island Resort

BEST EXPERIENTIAL DINING VENUE

- * BATEAUX DUBAI, Dubai Creek
- * BLUE FLAME, Jumeirah Creekside Hotel
- * DINING BY DESIGN, Qasr al Sarab Desert Resort by Anantara
- * GHAF KITCHEN, Various locations
- * JAZZ@PIZZAEXPRESS, JLT
- * DINE AROUND THE WORLD TASTING EVENING, Mövenpick Hotel Ibn Battuta Gate
- * MUSIC HALL, Jumeirah Zabeel Saray
- * EPICUREAN ESCAPADES at Jumeirah Etihad Towers
- * THE ACT Dubai, Shangri-La Hotel Dubai
- * URBAN PICNIC, 3in1, Vida Downtown Dubai

BEST SUSTAINABLE RESTAURANT NEW

- * BAKER & SPICE DUBAI, Dubai
- * BESTRO, Lafayette Gourmet, Dubai Mall
- * COMPTOIR 102, Jumeirah
- * ORGANIC FOODS & CAFE, UAE
- * QBARA, Wafi City
- * THE CHINA CLUB, Radisson Blu Hotel Dubai Deira Creek
- * THE FARM, Al Barari
- * TRAITEUR, Park Hyatt Dubai
- * URBAN BISTRO, Media City
- * RANGOLI, Yas Island Rotana

RESTAURANTS - CASUAL DINING

BEST INTERNATIONAL RESTAURANT

- * CARLUCCIO'S, UAE
- * THE CHEESECAKE FACTORY, UAE
- * CRAVIN' CAJUN, Novotel Al Barsha Dubai
- * EGGSPECTION, JBR
- * JAMIE'S ITALIAN, Jumeirah Beach Hotel
- * LAFAYETTE GOURMET, Dubai Mall
- * MARKET RESTAURANT, Dubai Mall
- * SALERO TAPAS & BODEGA, Kempinski Hotel MOE
- * SOCIAL HOUSE, Dubai Mall
- * THE FARM, Al Barari

BEST ASIAN RESTAURANT

- * CHOP SUEY, Dubai
- * CHOPSTIX, Marco Polo Hotel
- * LEMONGRASS Thai Restaurant, UAE
- * LITTLE BANGKOK, Dubai
- * NOODLE HOUSE, UAE
- * P.F.CHANG'S, UAE
- * PINGPONG, Dubai mall
- * SIZZLING WOK, Citymax Hotel
- * SMILING BKK, Dubai
- * YO SUSHI, UAE

BEST INDIAN RESTAURANT

- * ANTIQUE BAZAAR, Four Points by Sheraton BurDubai
- * ASHA'S, UAE
- * BARBECUE DELIGHTS, JBR
- * CALICUT PARAGON, Dubai
- * CLAYPOT, City Max Hotels Bur Dubai
- * GAZEBO RESTAURANT, Dubai
- * MAHESH LUNCH HOME, Bur Dubai
- * RAVI'S, Satwa
- * THE BOMBAY, Marco Polo Hotel
- * ZAFRAN, UAE

BEST MIDDLE EASTERN RESTAURANT

- * ALMAZ BY MOMO, Harvey Nichols Mall of Emirates
- * ARZ LEBANON, UAE
- * BAIT AL MANDI, UAE
- * KARAM BEIRUT, Dubai
- * LEILA, Dubai
- * MAYRIG Boulevard Restaurant, Dubai
- * REEM AL BAWADI, dubai
- * WAFI GOURMET, Wafi Dubai
- * ZAATAR W ZEIT, UAE
- * ZAROOB RESTAURANT, Dubai

BEST CAFÉ

- * MORE CAFÉ, UAE
- * PASCAL TEPPER FRENCH BAKERY, Dubai
- * PAUL CAFÉ, UAE
- * THE ONE, Khalidiya Theatre and Restaurant

HOME COOKING - INGREDIENTS

FAVOURITE SUPERMARKET

- * AL MAYA
- * CARREFOUR
- * CHOITHRAMS
- * GEANT
- * HYPERPANDA
- * LULU HYPERMARKET
- * PARK N SHOP
- * SPINNEYS
- * UNION COOPERATIVE
- * WAITROSE

FAVOURITE SPECIALTY FOOD STORE

- * BIORGANIC
- * GALLERIES LAFAYETTE
- * WAFI GOURMET
- * GREEN HEART ORGANIC GROCER
- * JONES THE GROCER
- * MARKET & PLATTERS
- * MARKS AND SPENCER
- * ORGANIC FOODS & CAFE
- * RIPE FOOD & CRAFT MARKET
- * THE FARMERS MARKET ON THE TERRACE

FAVOURITE STORE CUPBOARD PRODUCT BRAND

- * CALIFORNIA GARDEN
- * DOWN TO EARTH ORGANIC
- * GREEN GIANT
- * GYMA
- * NESTLE
- * PAXO
- * SACLA
- * SHAAN
- * SPINNEYS
- * FOOD SPICES
- * SUNFOODS

FAVOURITE JUICE BRAND

- * ALAIN MILLIAT
- * AL MARAI
- * AL RAWABI
- * BARAKAT
- * CERES
- * DEL MONTE
- * FLORIDA'S NATURAL
- * MASAFI
- * OCEAN SPRAY
- * TROPICANA

FAVOURITE DAIRY BRAND

- * AL AIN DAIRY
- * AL RAWABI
- * ALMARAI
- * DANONE
- * KERRY GOLD
- * LACNOR
- * LURPAK
- * MARMUM
- * RACHEL'S
- * TOTAL
- * YOGHURT

FAVOURITE OLIVE OIL BRAND

- * BARBERA
- * BERTOLLI
- * BORGES
- * CARLUCCIO'S
- * FIGARO
- * FILIPPO BERIO
- * JAMIE'S
- * RAHMA
- * RAFAEL
- * SALGADO
- * SERJELLA

FAVOURITE TEA BRAND

- * ALOKOZAY
- * BROOK BOND RED LABEL TEA
- * DILMAH
- * JING TEA
- * LIPTON
- * PG TIPS
- * TEAPIGS
- * TETLEY'S
- * TWG
- * TWININGS

FAVOURITE COFFEE BRAND

- * ALI CAFÉ
- * COFFEE PLANET
- * DAVIDOFF
- * ILLY
- * LAVAZZA
- * MAXWELL HOUSE
- * NESCAFÉ
- * NESPRESSO
- * RAW COFFEE
- * STARBUCKS

HOME COOKING - ACCESSORIES

FAVOURITE LARGE KITCHEN APPLIANCE BRAND

- * ARISTON
- * HITACHI
- * INDESIT
- * LG
- * MIELE
- * SAMSUNG
- * SIEMENS
- * SMEG
- * TEKA
- * WHIRLPOOL

FAVOURITE SMALL KITCHEN APPLIANCE BRAND

- * BLACK & DECKER
- * BOSCH
- * BRAUN
- * CUISINART
- * KENWOOD
- * KITCHENAID
- * MAGIMIX
- * MOULINEX
- * PANASONIC
- * PHILIPS

FAVOURITE TABLEWARE STORE

- * BLOOMINGDALE'S
- * CRATE AND BARREL
- * GALLERIES LAFAYETTE
- * HOME CENTRE
- * IKEA
- * JASHANMAL
- * LAKELAND
- * TAVOLA
- * THE ONE
- * ZARA HOME

BEST FOOD BLOGGER NEW

- * DEBBIE ROGERS – Coffee Cakes and Running
- * DEBBIE STEEDMAAN – Geordie Armani
- * DIMA AL SHARIF – Dimasharif

- * HESSA K. AL KHALIFA – Hkfinds
- * ISHITA SAHA – IshitaUnblogged
- * JASMINE PEREIRA – Peartreediaris

- * RUPAL BHATIKAR – Foodienfabulous
- * SALLY PROSSER – My Custard Pie
- * SAMANTHA WOOD – Foodiva
- * SARAH WALTON – The Hedonista

Gourmet Lifestyle

Travel, global cuisines, health, interviews, kitchens and more



IN THIS SECTION

* Smart tips for fending off diabetes with food, **P72** * An interview with über chef Wolfgang Pück **P74** * Your ultimate guide to Formula 1 weekend in Abu Dhabi, **P83** * A journey into Turkish cuisine, **P86**



Eat to beat Diabetes

Your complete guide to what, how and when to eat, to prevent the onset of this increasingly prevalent lifestyle condition.

The fact that recent years have seen a rapid rise in Type 2 diabetes across all age groups, right around the globe, isn't exactly breaking news. Indeed, the Diabetes Atlas from International Diabetes Federation (IDF) published in November 2013 suggests that 382 million people worldwide, are living with diabetes. But what needs to make the headlines is – what can we do to curb this alarming statistic?

The issue is particularly pressing in this region – according to IDF research, 18.98 per cent of the UAE population is living with diabetes. As a nation, this ranks the UAE 15th worldwide, with many neighbouring countries in the top ten. These statistics indicate that the region has high risk factors for diabetes, pointing mainly to rising obesity rates and physical inactivity.

This Diabetes Awareness month, we look at the dietary dos and don'ts you need to follow, as well as offer lifestyle tips from the experts to ensure you don't become just another statistic!

WHAT IS DIABETES?

Diabetes is a long-term condition that causes high blood sugar levels because the body is not producing enough insulin or is not able to use insulin properly. Insulin is a hormone secreted by the pancreas, and without insulin the body cannot use sugar in the correct way.

There are two main types of diabetes:

- **Type 1 diabetes** is where the body does not produce insulin. This is a genetic condition and necessitates treatment with insulin.

Up to
58%

of type 2 diabetes is preventable by adopting a balanced diet and increasing physical activity.

- **Type 2 diabetes** is mainly caused by an unhealthy, inactive lifestyle and excess weight gain. In this type of diabetes, there is insulin in the body, but the body becomes resistant to it so the insulin becomes largely ineffective. Traditionally, type 2 diabetes is referred to as adult-onset diabetes, but in recent years, with diabetes reaching epidemic levels, children as young as seven are developing the condition. This is essentially a lifestyle condition that can be prevented.

More or Less

EAT MORE

- **Fibre:** Include more foods that are high in fibre like whole-grain bread, oats, lentils, beans, peas, fresh fruits and vegetables.
- **Fruit & veg:** Eat a rainbow of colours, as each fruit or vegetable colour holds a different health benefit. Choose red, orange and dark green leafy vegetables, such as tomatoes, sweet potatoes and broccoli in your main dishes and snacks.

EAT LESS

- **Fat:** Avoid fried food, saturated fats such as butter, ghee, and mayonnaise, and choose lower-fat options such as skinless chicken, lean meats and trim fats on meat.
- **Sugar:** Limit your intake of 'sugary' foods like cakes, cookies, honey, sugar, and regular soft drinks.
- **Salt:** Reduce 'salty' foods like processed cheeses and meat, avoid adding salt while cooking and do not add salt direct from the shaker – rather use a spoon so you can see exactly how much you are adding.

1 portion of fruits or vegetables equals:

- A medium piece of fruit (80g) or ½ cup fruit salad
- 1 cup raw vegetables or ½ cup cooked vegetables

TIPS FOR HEALTHIER COOKING

- Make time to schedule weekly meal plans, and give yourself time to buy the right ingredients in advance.
- Choose seasonal produce and pick fruits and vegetables of the brightest colours; in general, the darker the colour, the higher the nutrients – think bright red peppers, or dark green broccoli.
- Opt for cooking methods that reduce or eliminate high fat ingredients from your favourite recipes. You don't have to stop eating your favourite dishes – just swap certain ingredients for healthier ones, and try steaming, baking and grilling instead of frying.
- Cut down on salt, and store-bought sauces, and use fresh herbs and spices instead for flavour – everything from parsley, sage, rosemary, and thyme to whole and ground spices, such as cinnamon, cloves, and nutmeg add flavour.

Gen up on GI

The Glycemic Index (GI) is a tool that ranks carbohydrate-containing foods according to their effect on blood glucose levels. High GI foods are quickly absorbed by your body and raise your blood sugar levels rapidly. Whereas, low GI foods are slowly absorbed by your body and raise your blood sugar levels gradually – which is better for preventing imbalance of sugar levels and lowering diabetes risk.

- Opt for multi-grain, whole wheat, rye or pumpernickel breads, avoid refined flour.
- Select long-grain rice like Basmati, whole-wheat pasta and grains like bulghur, and barley.
- While fruit and veg are all good for you, bear in mind fruits such as watermelon, mangoes, dates, bananas and grapes are all considered high-GI. Oranges, strawberries, raspberries, blueberries, apples, kiwi and cherries fall in the low-GI range.

SMART SHORTCUTS

- Add tofu, bulgur, or brown rice to casseroles and cut down on the amount of meat.
- Use smaller amounts of stronger cheeses, instead of more mild cheese to decrease quantity without sacrificing on flavour.
- Chill a soup or stew to bring the fat to the top for easy removal before re-heating and enjoying.

Build your plate


Portion control is an important part of healthy eating, successful weight loss and weight management.

An easy way to make sure you're eating the right amount is called the 'plate' method: Fill ½ your plate with non-starchy vegetables, like spinach, carrots, lettuce, greens, cabbage, broccoli, cauliflower, tomatoes; Fill ¼ of your plate with low GI starches, like rice, 'al dente' pasta, fibre-rich cereals; Fill ¼ of your plate with lean meat or non-meat protein, like fish, chicken, meat, eggs. The remaining wedge is for healthy fats, such as olive oil, avocados, nuts and seeds. 1 serving of fruit and 1 cup of low-fat milk may accompany your meal.

Remember!

Most plates are 12 inches wide, but the plate method uses a 9-inch plate. This means you need to leave space around the outside of your 12-inch plate to make sure you're not eating too much.

Reduce the risk

Just 10 minutes of moderate-intensity physical activity three or more times a day together with a balanced diet can result in the prevention, management and even reversal of diabetes. A healthy diet and a brisk walk for 30 minutes every day has been shown to reduce the risk of type 2 diabetes by up to 58 per cent. 

Did You Know?

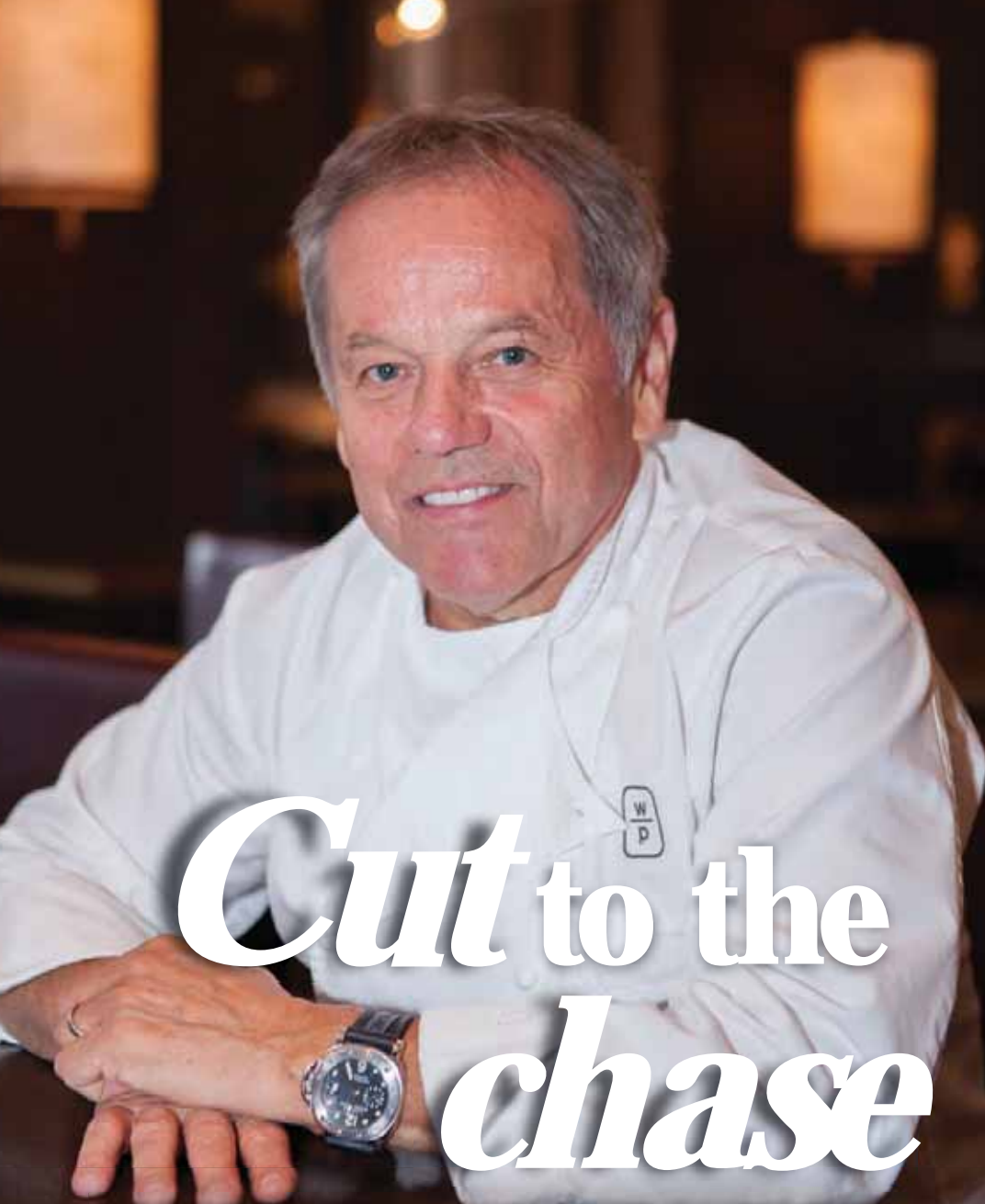
Almost 50 per cent of people living with diabetes are not aware of their condition.

GET INVOLVED

Here's how you can do your bit for diabetes awareness this month:

- The Beat Diabetes Walkathon on November 28 is organised by Landmark Group – the walk will be held at Zaabeel Park, and you can get your blood glucose checked on the day, as well as a healthy breakfast, while the children listen to music and take part in children's activities. Free entry for all, visit beatdiabetes.me.
- #Walk2014 is a fun-filled walkathon around the 5km F1 track at Yas Marina Circuit scheduled for November 7th, part of the Diabetes-Knowledge-Action campaign launched by Imperial College London Diabetes Centre. Doors open at 3pm (www.walk2014.com). They have also launched a social media 'Shoefie' campaign - #TakeAStepForDiabetes. Just take a picture of you in your walking shoes, and post on Instagram or Twitter.

Information courtesy Imperial College London Diabetes Centre, www.icldc.ae



Cut to the chase

With more than 20 restaurants around the world, plus a host of books and TV appearances, Austrian-American chef to the stars, Wolfgang Puck is far from crossing the finish line. As he expands his empire further into this region with the recent opening of his Dubai restaurant, and more to come, he tells Dave Reeder why he is still excited by life.

Wolfgang Puck might be excused for wanting to slow down a little, especially as he approaches his mid-60s, so there is definitely some reordering of priorities. But, having come as far as he has, from his hometown in Austria, he is still raring to go.

His early life in the small town of Sankt Veit an der Glan wasn't happy. His father abandoned his mother before he was born and he disliked his stepfather, so much so that he left home as soon as he could, working almost five years in a kitchen. At that point his life changed – he realised this was the job he wanted for life and

moved to the USA, beginning a starry rise up the industry in the mid-1970s.

The time was right for a young, ambitious chef and Puck's bold reinvention of Californian food made it ideal for the glitzy LA celebrity audience that he cultivated – his bold, clean style is credited with helping redefine the fine dining scene in the US. The rest of the country watched and adopted much of the West Coast style and concepts. At the age of 26, he was chef and part owner at Ma Maison. His next move, opening Spago on Sunset Strip, sealed his success and combined

modern cooking with Michelin star class – with a firm focus on produce, ingredients and simplicity. The mix was irresistible.

Then the empire building began – over 20 fine dining restaurants, 40 restaurants in the US premium catering services sector, more than 80 Wolfgang Puck Express operations, kitchen and food merchandise, cookbooks and canned foods. Now, with Cut by Wolfgang Puck at The Address Downtown already a hot seat in the city, a restaurant in the pipeline in Bahrain, and a Dubai airport outlet scheduled for 2015, he is set to take over this part of the world.

Excerpts from an interview:

Why do you think this was the right time to enter the Middle East market?

I was here about eight years ago as a guest of a member of the Abu Dhabi royal family to look at possibilities in the capital but the market wasn't ready. I remember we stayed at Jumeirah Beach in a villa and the chef served quite 'international' food. Now I think the time is right and we'll do what we always do which is do things better than anyone else. We expect lots of others to follow us here. I do believe that we change a market. Look at Cut in Singapore – we got all the details right and now it's the number one restaurant for meat in Asia. Same in London – Cut is still the best.

What are the particular challenges here?

Well, produce of course. On my next visit, I'm going out to the farms and to Oman, I hear they have some wonderful organic farms – I'll make a trip back just for that. Across the region, I think there is great potential, I remember being very excited by the fish market in Bahrain.

I grew up on a farm so vegetables and fruits have always been a big part of my life. When we opened Spago 32 years ago, the first thing I did was look for a farmer who could grow our produce, so I found the Chino farm. Hopefully, we'll do the same thing in the Middle East.

But it's very different from the produce scene in California, isn't it?

You know, there are similar challenges everywhere. Look at Scandinavia and the whole shift to foraging – amazing food but there are no fresh vegetables in winter. Just like when I was growing up in Austria, my family had a cellar and stored food. Now we're all so used to being able to get anything at any time...

So, what got you into food in the first place?

It seems like I was born a chef since my mother was one. It was a very easy decision for me to step

into the same profession since I was always in the kitchen beginning around the time I was eight years old. But to be honest, it gave me an opportunity to get away from my stepfather. We did not have a good relationship.

It was really at Baumanière in the south of France where I found my mentor whose name was Raymond Thuilier. He was really the inspiration for me to open my own restaurant and to write books – he was someone I wanted to emulate. Plus, he loved the way I cooked.

What's your chief characteristic, would you say, and how do you define your culinary philosophy?

Most of us have to be reactive in life, leaving it to the youngsters to take the risks. However, for me I still like to take risks, as we did with Spago. In terms of philosophy, I believe in only buying the best ingredients and keeping it simple.

What is the secret of your success?

It's all about repetition. In this business, it's hard work and talent that work together to make success, but the more hard work the better. The more you're able to replicate quality the better. Opening a new restaurant like this is like putting on a play with all the excitement, but we have to deliver service after service. It's also important to have original ideas – I think, back in 1982, that we were about the first at Spago to have an open kitchen. I think my pizza with goat's cheese was a game changer and so on.

What makes a celebrity chef? And how do you strike that balance between being a celebrity and being a chef?

Early on after we opened Spago, we had all the big stars coming to our restaurant so we were known as a celebrity hangout. As for me becoming well known, though I hate the term 'celebrity chef,' I guess television has really helped chefs all over the world get recognition, but at the end, it's about the food and hospitality. We are relatively well known today throughout the world but we are only as good as our last meal, so even today with many restaurants around the globe we're building an experimental kitchen in LA so I can try and perfect new recipes – it'll be a centre of innovation.

Tell us more about it!

We will be using lots of new technology, which will allow us to discover the absolute best way to cook anything. People ask is this like the elBulli research lab but it's not really – don't get me wrong, I love Ferran's work and expertise but I couldn't say which

single dish of his I'd want to eat. What we're doing instead, for example, is to take salmon and work out that the best way, the most consistent way to get quality is to cook it and then finish it on the grill.

So you're getting back to what you love, the cooking?

Yes, nowadays you can't be a chef without also being a businessman. If you haven't got good numbers, then you're out of business. What I do now is more complicated than the life I used to have, but I still love simple pleasures like going to a fish market or a farm. I have one rule, though – I go home every day at 5pm and cook for my children. That I really enjoy. Food for me is more enjoyable than being in the office, but the financial side is part of the deal and, frankly, I don't hate it so much that I won't do it.

Are you like most chefs, dreaming one day of a simple place on the beach, grilling fish and cooking barefoot?

Not exactly. I'd like a small restaurant that would only be for my friends. Invitation only.

Of the various brands and options, why did you decide on Cut for Dubai?

It's perhaps the easiest concept to roll out to multiple locations – meat and fish kept simple but delivered with perfect execution. I'm a great fan of simplicity – young chefs tend to add to much, to overcomplicate. Give me a simple grill. It's food that you can eat often, maybe several times a week. As food gets more and more complicated, you want to eat it less often. At the end of the day, you need to ask: is this food for the customer or the critic? I believe that customers are our greatest critics.

So customers are always right? What's your take on the whole fad for social media?

Everybody now in some sense is a food critic – it's a crazy thing but customers want it. As a young chef, I didn't need the media; now, I'm on Twitter. But for me, personally, I'd rather read a newspaper!

What keeps you interested and excited?

The fact there's always something new, I think. For instance, this outlet – I'll probably be here six times in the first year and then reduce that. The thing to remember is that I'm not alone – I have a great team and they develop all the time. I do what I love to do but I realise I can't keep up the pace. Now I'm 64, I need to reorder my life a little so, instead of making specific trips, now I'll combine them, so maybe LA to London to Dubai to Singapore. A round-trip twice a year would let me spend more time with my family, which is important to me.

What would you have done if you hadn't been a chef?

An artist. Art is something I love even though I don't really do it. I think it's important that when you do something, you do it well.

When you first moved to America after working in Michelin-starred restaurants in Europe, were you surprised by the state of the food?

Oh yes. I think the US has changed more in the last 30 years than anywhere else. When I arrived you couldn't even get fresh basil. Napa Valley then had less than 40 vineyards – now there are more than 300. Nobody made fresh cheeses. People used to drink cocktails throughout a meal. And the 'fine dining' food was old school continental – it was really different.

And has American food as a whole gone too far down the unhealthy route to be saved?

Well, the good news is that many people are now paying more attention to what they eat and their nutrition, but the reality remains that good ingredients are expensive. Sugar is the easiest pacifier but I do believe we're getting slowly better and real change will be down to the home cook. I think one of the biggest changes to the food scene has been changes in work habits, though that's as true of Europe as the US. People don't know how to cook any more!

You've recently been evolving in the direction of 'healthy eating' quite a bit?

I believe in the saying – "show me what you eat and I'll tell you who you are." So it's really important that we use only the best ingredients, cook them the right way and moderation, above all, is important. I believe that eating right and exercising makes a healthy lifestyle. And for me personally, I feel I am in better shape today than I was 20 years ago!

You're also very active in charity, tell me a bit more about what drives you to that?

We use only sustainable, organic or humanely-raised animals in our food preparations because I really believe we have to protect the environment. I personally feel lucky to be successful in this world, so to give back to the less fortunate is an important part of my life. Naturally we can't participate in everything, but we support research, on Alzheimer's disease, and cancer; help with feeding the elderly and infirm; and many children's projects. So probably 30 days of my year are involved in charitable work. >>

SIGNATURE RECIPES

Italian strata with tomatoes, bell pepper, and Swiss cheese

SERVES 8

225g stale country-style whole wheat or multigrain bread

1 garlic clove, halved

Olive oil-flavored nonstick cooking spray

1 cup finely shredded reduced-fat

Swiss cheese

1 large red bell pepper, roasted, peeled, seeded, and torn into thin strips

2 large ripe tomatoes, cored and thinly sliced

3 large eggs

3 large egg whites

2 cups buttermilk

½ tsp red pepper flakes

½ tsp dried oregano

½ tsp sea salt

Freshly ground black pepper

1 Preheat the oven to 175C.

2 With a sharp bread knife, cut the bread into slices ¾ inch thick. Rub one or both sides of each bread slice with the cut sides of the

garlic clove halves, using more or less depending on how garlicky you want the strata to be. Then, cut the bread into ¾-inch cubes.

3 Lightly coat the inside of a 12X10-inch baking dish, gratin dish, or a heavy nonstick 10-inch skillet with nonstick cooking spray.

4 Place the bread cubes in the dish in a single, even layer. Evenly sprinkle half of the cheese over the bread. Layer the bell pepper strips and tomato slices on top, and then sprinkle the remaining cheese over the layer of peppers and tomatoes.

5 Put the eggs and egg whites in a mixing bowl and beat lightly with a fork. Add the buttermilk, red pepper flakes, oregano, and salt and pepper to taste and beat until thoroughly combined.

6 Pour the egg mixture evenly over the layered ingredients in the baking dish.

7 Bake the strata until it looks slightly puffed up and the top is golden brown, 45 mins to 1 hr. Remove the dish from the oven and let it set at room temperature for at least 10 mins before using a large serving spoon to scoop it onto individual serving plates.



Buttermilk French toast with fresh berry compote

SERVES 4

2 large eggs, lightly beaten

2 large egg whites

475ml buttermilk

1 tbsp honey

1 tsp pure vanilla extract

1 tsp ground cinnamon

1 tsp ground ginger

1/8 tsp freshly grated nutmeg

¼ tsp kosher salt

8 slices good-quality whole wheat bread, each about 1 inch thick, halved diagonally

Butter-flavored nonstick cooking spray

Confectioners' sugar, for dusting (optional)

Fresh berries (optional)

FOR FRESH BERRY COMPOTE

¾ cup fresh blueberries

¾ cup fresh raspberries

3 tbsp honey

1 tbsp grated orange zest

3 ounces fresh orange juice (from about 1 large orange)

Pinch of kosher salt


1 In a large, wide bowl, whisk together the eggs, egg whites, buttermilk, honey, vanilla, cinnamon, ginger, nutmeg, and salt.

2 Over medium heat, heat a heavy nonstick

skillet, or a pair of skillets, large enough to hold all the French toast slices in a single layer without crowding. Dip the bread slices into the egg mixture, turning them and making sure they are completely saturated.

3 Spray the heated skillet or skillets with nonstick cooking spray. Add the soaked bread pieces and cook until golden brown on both sides, 5 to 7 minutes total.

4 To make the fresh berry compote, in a non-reactive saucepan, combine the blueberries, raspberries, honey, orange zest, orange juice, and salt. Bring to a simmer over medium heat, stirring occasionally, and continue simmering just until the berries have given up some of their juices and have turned slightly syrupy, 3 to 4 mins. Transfer to a serving bowl and keep warm.

5 Arrange 2 slices of the French toast on each of four heated serving plates. Spoon some of the compote over each serving. If you like, spoon a little confectioners' sugar into a small, fine-mesh sieve held over each plate and tap the sieve lightly to dust the French toast. Garnish with fresh berries and serve with more berry compote on the side. 

Dubai World
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Buried treasures

Truffles are the most expensive edible fungi on earth, and a chef's most prized possession when in season. But what's all the fuss about? Massimo Vidani, Dubai's very own 'Truffle Man', tells us everything he knows about this delicacy.

T FOR TRUFFLE

This type of fungi (mushroom), is found one foot below the ground around the base of trees like oak, chestnut, lime, hazelnut, willow, red addler and beech. A good truffle is firm and never spongy and the size varies from the size of a marble and golf ball, to a tennis ball or grapefruit. Outside, they are slightly bumpy, while inside they are smooth. Truffles are an acquired taste, with a rare and unusual aroma, but a few characteristics that can be sniffed out offer a combination of musk, nuts, and dampened oak leaves, with a hint of umami.

Truffles are valued so highly because they are only available a couple of months per year – with white truffles being available mostly from one part of Italy – and grow in very specific land and climatic conditions, making them a rare commodity. The foraging also plays a big role, as truffle harvesters (also known as trufolau) who use a narrow spade with a long handle, have to dig it out without damaging it. Truffles are found by trained pigs and dogs, mainly in Italy, France, and Spain. Although certain types are now being farmed and also found in Australia, China, Yugoslavia, Turkey, Northern Africa, and the US. When they are stored fresh, they decrease in size every day, which decreases in the value as well.

THE DIFFERENT TYPES

The truffles you need to know about:

WHITE TRUFFLES (Tuber Magnatum Pico)

These are the most expensive kind, and are usually priced at Dhsl00 per gram. White truffles are available from October to December, and the most sought after are found in Italy's Piedmont region. It is off-white or beige in colour, and has the strongest flavour and aroma, when compared to other truffles.



BLACK WINTER TRUFFLES (Tuber Melanosporum Vitt)

Also known as the black diamond of Provence, these are grown under oak trees and are black or dark



brown outside, and black on the inside with white vein-like lines. December to March is the harvest season, and it can also be found in Norcia, Italy as well. Black truffles have a slightly nutty texture and flavour profile and usually cost about Dhsl0-12 per gram.

BLACK SUMMER TRUFFLES (Tuber Aestivum)

These are the most common and affordable truffles (around Dhsl.30 per gram) compared to the others, with a black exterior and light beige or cream flesh. They aren't as perfumed as black winter truffles and are found in Italy, Spain and the South of France from May to September. These truffles can be re-produced, unlike white truffles, and are farmed in Yugoslavia as well.



2,600

Species of truffles are available around the world, and their existence harks back to the Roman times.

GOURMET FINDS

As fresh truffles are hard to come by, and may cause a hole in your pocket, they are also available in various preserved form – as oils, paste, sauce, or chopped up in jars with olive oil, which lets the truffle flavour be infused in dishes, even if you don't have the real thing. While the paste, sauce and carpaccio-style truffles in jars may have actual bits of truffle in it, the oil usually doesn't. Truffle oil is made up of olive oil infused with truffle aroma, which is derived from a chemical compound which resembles truffles closely, and can be used as a finishing oil for everything from pasta and risotto, to grilled cheese sandwiches, popcorn and chips. Truffle juice and salt are available as well, and can be added to a cream to make a pasta sauce. And if you want to add a more luxurious, sweet touch to your porridge or yoghurt, you could add in a swirl of truffle honey which has small pieces of truffle that give it crunch.

2 TO TRY

- Truffle butter, Dhsl40 at Carluccio's.



- Italtouch's Truffle Honey with gold flakes, Dhsl95 at Eataly.

HOW TO KEEP AND USE THEM

Truffles are expensive and should be stored correctly to make sure they don't spoil. Wrap them in a paper towel and refrigerate in an air-tight container or jar. It should always be kept dry or a mould will develop when moisture forms. All fresh truffles should be used within two to three days. Here's how you can use them:

WHITE TRUFFLES: Serve it raw, shaved over pasta, eggs, and with warm or hot dishes, so that you can taste and smell the truffles while eating it. It also pairs well with prosciutto, salami and foie gras. **BLACK TRUFFLES:** These can be mixed with mascarpone and cream cheese to use as a spread, or shaved over red meat and salads. It can also be mixed into a dip to give it some oomph.

LOCAL TOUCH

Did you know, a desert truffle called Fagga can be found in the Oman and Hatta region, after rain and thunderstorms.

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On track for F1

We've rounded up some of the hottest and most happening foodie activities for the 2014 Formula 1 Abu Dhabi Grand Prix weekend taking place from November 21-23.



✳️ **Tantalise** your tastebuds with a three-course set menu at **Hakkasan Abu Dhabi**, specifically created for the Formula 1 weekend. You can look forward to trying charcoal grilled silver cod, jasmine tea smoked Wagyu beef ribs, and steamed dim sum. On November 22 and 23, Dhs528 per person (minimum of two people). *Call 02-6907999.*



✳️ **Dine** at the renowned **Cipriani at Yas Island, Abu Dhabi**, to enjoy a meal with a stunning view. The restaurant overlooks the yachts and circuit, and makes for a great place to indulge in traditional Italian cuisine. *Call 02-6575400.*

✳️ **Indulge** at the **F1 Grand Prix Brunch** – the only F1 brunch experience available around the globe – at Yas Marina Circuit. The brunch is served at the air-conditioned Marina Suites, where you can watch the practice sessions. After you have indulged, watch the after-race concerts on Thursday and Friday. Dhs1,495 per person, *call 8000927.*

✳️ **Stay** at **Shangri-La Hotel, Qaryat Al Beri, Abu Dhabi**, for a minimum of four nights (from November 20-23) and get complimentary buffet breakfast, free wi-fi, F1 entrance tickets from Friday to Sunday, access to the public-pit land walk on Thursday and tickets to the after-race concerts. From Dhs3,590, *call 02-5098888.*



✳️ **Party** at the Foster's Lounge at **C.Mondo, Centro Yas Island**, and listen to tunes from DJ Darryl Rees, while tucking into barbecue delights and beverages at the open-air terrace. If you're lucky, you may also spot a few F1 drivers after hours! Dhs100 per person for the barbecue, *call 02-6564000.*

✳️ **Splurge** on the Ultimate Race-Weekend Experience from **Yas Viceroy Abu Dhabi** featuring a seaplane transfer to your Presidential Suite, champagne, a chauffeur-driven Rolls Royce, personal chef, VIP tour of Ferrari World, plus first class flight tickets for a two-night stay in Viceroy Maldives for two. Dhs467,500, *call 02-6560700.*



✳️ **Head** to **Rozanah** for shisha and a selection of Lebanese and Middle Eastern delights including everything from mezze to mixed grills. The restaurant is based at Yas Marina and is a great dining venue before and after the races and concerts. No minimum spend during F1, *call 02-4963411.*



✳️ **Enjoy** the Weekend Hospitality package from **Yes Chef** catering and GP Management, which offers access to a yacht, trackside views, guest passes to Yas Marina, premium beverages, buffet lunches, and a meet-and-greet with an F1 star. Dhs13,800 per person, *call 0505574792.*

3's a trend: PROGRESSIVE DINNERS

We take a look at some of the most interesting foodie trends in town.

We've been telling anyone who'll listen, for a while now – there should be more progressive dining options here! With most good restaurants clustered within hotels in this region, it lends itself perfectly to a dine-around sort of evening, where you can have a different course at a different outlet, getting to try out a range of cuisines and chefs' creations in the span of one evening – and without having to leave the building! Hotels like Burj al Arab, Park Hyatt Dubai and Ritz Carlton Abu Dhabi have been doing it for a while now, whilst some others have hopped on to the bandwagon more recently. It makes for a fun, unique activity, where you're not spending hours sitting at a table, and for hotels, it's a really good way to showcase their outlets. Next stop? Private 'Come dine with me' experiences, we think!



Dine around the world tasting evening, Mövenpick hotel Ibn Battuta Gate

This newly launched experience reveals some hidden gems of this hotel, starting with the first stop – Moroc bar, a venue with a lovely terrace. A selection of cocktails are included in the offer, and some contemporary Arabic-inspired canapes to kick-start the evening with (think hummous in mini-cones, smoked salmon and tabbouleh rolls, and shrimp kunafa). Luckily, the hotel's

layout has all the restaurants located on the same floor, so you don't have to walk too far to head to Sicilia, the Italian restaurant where you can enjoy tuna tartare on burrata cheese sauce, cheese-stuffed ravioli, and cold cut platters, as part of a four-course spread. By now you might be quite full, so it's worth pacing yourself for the Chinese delicacies awaiting at the stylish Shanghai Chic – which include dumplings, roast duck, fried prawns, and black pepper beef tenderloin – but fortunately, all served in one platter. The main course, if you can call it that, is at the renowned Indian restaurant, Chor Bazaar, where the menu includes traditional dahi puri (potato masala in a ball served with yoghurt sauce), aloo tikki (potato cutlets), tandoori chicken, and a spicy prawn curry served with mini flat-breads. Think you've had enough? You get a refresher taste of all the flavours in the dessert platter, with delicacies like kulfi (Indian ice cream) and yuzu crème brulee back at Moroc, to end the four-hour culinary journey.

Dhs499 per head, including select beverages. Call 04-4445613.

Epicurean escapades at Jumeirah at Etihad Towers, Abu Dhabi

This hotel has rapidly built up a reputation as one of the leading dining establishments in the capital, so what better way to show off their award-winning culinary chops than with a progressive dining experience? The evening begins with a drink at Scotts, a seafood and drinks haven – accompanied by delicious canapes enjoyed in the glamorous surroundings. The meal then travels to Lebanon for the next course at Li Beirut, followed by Japan at Tori No Su. After you've had your fill of teppanyaki washed down by their creative cocktails, and the edgy, modern design of the restaurant, you get to travel back in time and across the planet to France. Brasserie Angelique offers divine French cuisine in a lovely retro-French setting which would be hard to leave behind, only if you weren't heading onwards to Quest, the stylish modern-Asian culinary destination boasting unbeatable views of the city from its vantage point on the 63rd floor, for dessert. That's not all – digestifs at the lively nightspot Ray's Bar concludes the night.

From Dhs850 per person, overnight stay packages are available, from Dhs800 for a deluxe room including breakfast. Call 02-815666.



The Foodie hop at Melia Hotel

This newly launched progressive dining experience combines a plethora of cuisines in one lavish meal, with an affordable price tag. It all begins with a refreshing aperitif at Quantum, where you can choose a wine or contemporary cocktail as you build up your hunger pangs for the gourmet journey ahead. Alfonso X is the next stop and this compact, stylish space with cocktail tables and a smoking area is where you can nibble on freshly prepared California and vegetable sushi rolls as well as sashimi, to complement glasses of sake. If you love aromatic Indian delights, then the main course at Signature by Sanjeev Kapoor is sure to be a hit – where you get to sit down and enjoy the meal at your own pace in a refined Indian-themed setting. The menu comprises of mild spicy Delhi butter chicken, chicken stuffed with cottage cheese in a delectable creamy sauce, and lentils, accompanied by fresh, hot naans (flatbread); a vegetarian menu is available too. The evening then takes a turn to offer a more relaxed vibe at the hotel's rooftop restaurant, Estrellas, where tunes from the DJ play in the background as you tuck into the Spanish restaurant's dessert offerings. Choose between Crème Catalana – similar to crème brulee – and tarta da manzan (apple pie) which are both served in large portions, and offer a satisfying end to the meal. You can also sit back and enjoy shisha here.

From Dhs179 per person, raffle draw prize for overnight stay with meals is offered for all diners. Call 04-3868111.



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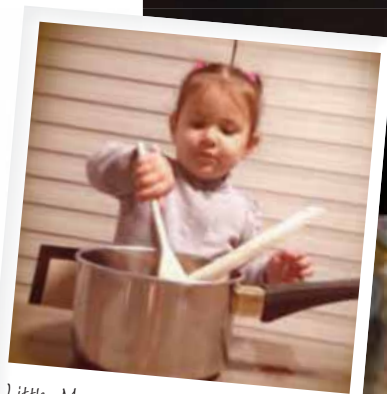


Food Safari: Turkey

We dip into the UAE's multicultural melting pot to discover a new cuisine from a foodie.

Turkish women are all food critics, we learn from Merve Selcuk, as we start talking a little about the country, its food, and people. Merve is half Cypriot and half Turkish, but grew up in the capital of Turkey, Ankara. She moved to Dubai seven months ago with her husband, and now works in PR. When we met Merve at her apartment in the Downtown area, we knew her world revolved around food, and that it is, and has always been, a big part of her life – her pug's name is Chef too! She tells us that it's not just her, but in fact, all Turkish who love food.

In Turkey, most girls are in the kitchen from a very young age, but Merve only realised her love for cooking when she moved to England to study. "I had friends from all over the world staying with me in the dorm, and I found that some of us had similar dishes, with slight differences in



Little Merve trying to cook up a Turkish dish



Merve puts the finishing touches to the main course

Ankara, capital city of Turkey



seasoning," she says. Merve loves cooking, and entertaining, and feels a sense of satisfaction when she sees her friends enjoying the food she prepared.

THE COUNTRY

Turkey is spread over two continents – the large portion of the country in Western Asia, and a smaller part in the Southeastern European region. The Anatolian peninsula, on which most of Turkey lies, was once the centre of civilisation, and is still the oldest inhabited area in the world. The region was part of the ancient Greek empire, but by around 330AD, the Byzantine Empire occupied most of Anatolia, making Constantinople (Istanbul) the capital. About a thousand years later, the Byzantine empire was felled by the Ottoman Turks; the Ottoman empire is one of the largest empires that ever existed. It was only in 1923 that the empire was officially overthrown and the modern nation we know as Turkey was formed. Other countries like Syria, Jordan, Iraq and Lebanon were also formed

Text & styling NICOLA MONTEATH | Photographs ANAS CHERUR, SHUTTERSTOCK.COM

around the same time. In 1945, Turkey became a democracy, and it now comprises of 81 provinces, including Istanbul and Ankara. Turkey has a rich history, with several monuments that have been preserved over the years bearing testament to this.

The nation is bordered by Bulgaria to the northwest, Greece to the west, Georgia to the northeast, Armenia and Iran to the east, and Iraq and Syria to the southeast. It enjoys plenty of coastline, with the Mediterranean Sea in the south, Aegean Sea to the west, Black Sea to the north, and The Sea of Marmara in the north-west region – which is why seafood plays a significant role in the cuisine. The Bosphorus strait runs across the country from west to east, and the country features diverse landscapes with arid plateaus making up most of the inland regions, rimmed by mountains and hills. The climate is equally varied, with central and eastern Turkey experiencing snow in the winters, and summers near the Syrian border touching 40C.

Ankara, where Merve is from, is a cosmopolitan city where politicians from all over Turkey reside. “My house had a lovely garden and a large kitchen, and I remember enjoying barbecues at home every weekend,” she says. All food was made from local produce, and for the longest time no one ate exotic produce such as avocados, pineapples and tropical fruits, as it wasn’t grown in the region.

Mediterranean-style produce such as tomatoes, peppers, eggplant, olives, garlic, figs, and nuts, are predominantly used in the cuisine, since the soil is very fertile and the country mostly experiences dry summers and rainy winters. “You inherit everything from your grandparents and take care of it for generations. Most farms are family-owned and you get great dairy, poultry and meat,” says Merve.

THE CUISINE

Think of Turkish cuisine, and the images that are most likely to pop into your head are of doner kebabs. While the Turkish are experts in doner, the cuisine goes way beyond that. “Seafood is a big part of our cuisine, because we have areas along the coast, but not many people know of our seafood culture,” says Merve.

Turkish cuisine owes its origins to the Ottoman era, which is known for being rich in taste – as it was cooked for the Sultans in the palace – with influences from the Middle East, Mediterranean region, Europe, and Central Asia. The Turkish were nomads and migrated from Far East Asia (Western China, Tibet, and Mongolia) bringing along with them cooking techniques and dishes like manti (bread stuffed with meat) for instance, which has been adopted from Chinese dumplings. Other



Traditional Turkish tea



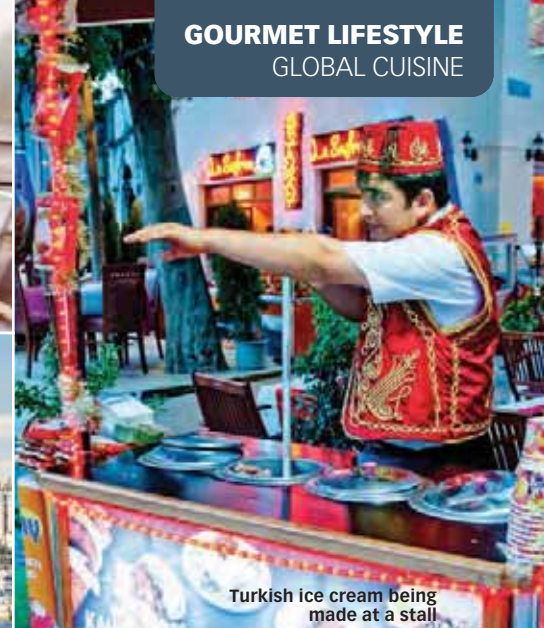
Cityscape with Galata Tower over the Golden Horn in Istanbul

dishes part of Ottoman cuisine, that are still widely eaten in Turkey are stuffed aubergines with ground meat (karniyarik), cucumber and yoghurt dip (cacik), and stuffed vine leaves with meat (Etlı Yaprak Sarma), all of which can be found in Greek, Lebanese and Mediterranean cuisines too.

The cuisine varies according to regions, with the Eastern Turkish population consuming a lot of meat, while the people living inland eating hearty comfort food. Those by the coast naturally eat a lot of fish, while cosmopolitan cities like Istanbul and Ankara offer a mix of everything.

The Turkish diet is heavily centered around meat, lamb, and goat, as well as seasonal produce. Anyone familiar with their food will know it features a wide variety of delicious, succulent kebabs mixed with potatoes, tomato paste, yoghurt, and seasoning like chilli, sumac, salt, pepper, as well as herbs such as fennel and dill. The difference between kebabs found in Turkey and elsewhere, is in the way it is cooked or served. For instance, susuz is a waterless lamb kebab made in a saucepan with salt and cinnamon after excess fluid is drained, while tas kebab is stewed meat in a bowl with vegetables, and Kılıcı is made with swordfish.

Turkish meals are healthy, and almost always baked, steamed or grilled, rather than fried. Dishes are eaten in small portions with plates of grilled tomatoes, eggs, sucuk (spicy sausage), and Turkish cheeses like ezine, kaser, and tulum being popular breakfast items. “The Turkish prefer quality over quantity, which is why we eat small plates of many dishes,” she says. The oven is used a lot at home, and every kitchen has a small one on the counter as well, as we like to slow cook everything from meat to rice and vegetables,” she says. Lentils, chickpeas, a selection of kebabs like Adana (mixed meat with chilli), plain steamed rice, white beans, and meat with tomato paste make up a typical meal. Sardines, seabream, seabass, swordfish and anchovies can also



Turkish ice cream being made at a stall

be found amongst a Turkish spread. To season food, they use olive oil and pomegranate molasses as a drizzle over meat and fish, which gives it a mixture of sweet and savoury flavours – usual for most Turkish dishes. Börek (flaky pastry pies with meat, cheese and potatoes) are also eaten, with a yoghurt dip – in Turkey, yoghurt is considered a great digestive.

Snacking in Turkey usually means fresh fruit or walnuts and almonds, along with Turkish coffee or tea. “We make a pot of tea in the morning and refresh it throughout the day. I think we consume about five cups of herbal tea in one go!” she says. The gooey, stretchy ice cream we all know as Turkish ice cream comes from an area called Marash in southern Turkey. This ice cream is eaten with chopped pistachios or chocolate. Other desserts popular in Turkey are halva, baklava and kunafeh.

THE CULTURE

In Turkey, when a person reaches a milestone in their life, they celebrate by sacrificing an animal. “People sacrifice a cow or goat, to keep away the evil eye. This meat is then given to the poor,” says Merve. The Turkish have a lot of traditions which include donating food to the poor, or helping people in need. One such is also when a person passes away. “We take Turkish helwa to the person who is mourning, as it is light, has starch, and balances the blood sugar. This dessert is also given to the poor, 40 days after a person’s death, as an act of kindness,” she says.

Auspicious occasions like Eid are celebrated with roasted meat or lamb (kavurma), as well as sweets like kunafeh and baklava. But apart from these major events, the Turkish like to spend family time on weekends going out to eat. “This is how we like to catch up with family and friends,” says Merve.

But she makes a special occasion of eating in as well, as she shows with these traditional recipes she has shared with us. >>



TRY THESE

TURKISH MEZZE

Rocket salad with tomatoes

SERVES 4 ● PREP 15 MINS ● NO COOK **Easy**

- 2 bunches of fresh rocket leaves
- 3 kumato tomatoes
- 4 tbsp olive oil
- 3 tbsp pomegranate syrup

Cut the kumato tomatoes into tiny slices and mix with the rocket leaves. Drizzle the pomegranate syrup and olive oil on top and serve.

PER SERVING 170 kcals, protein 1.2g, carbs 9.7g, fat 14g, sat fat 0g, fibre 1g, sugar 8.8g, salt 0g

Grilled tomatoes and peppers

SERVES 4 ● PREP 5 MINS ● COOK 40 MINS **Easy**

- 4 green chilli peppers
- 2 medium tomatoes
- 4 tbsp olive oil
- 3 tbsp pomegranate syrup
- 2 tsp sea salt
- 2 tsp black pepper

- 1 Preheat the oven to 150C for 30 mins.
- 2 Place the green peppers on a baking sheet and grill for 45 mins.
- 3 Slice the tomatoes in half and grill in a separate pan for 30-40 mins. Remove and drizzle olive oil over the tomatoes and the grilled peppers. Season and serve.

PER SERVING 180 kcals, protein 1.4g, carbs 12g, fat 14g, sat fat 0g, fibre 1.2g, sugar 10.4g, salt 2g

Grilled bell pepper stuffed with cheese

SERVES 4 ● PREP 10 MINS ● COOK 40 MINS **Easy**

- 200g feta cheese
- 1 tsp black pepper
- 2 tsp olive oil
- 1 tsp chilli powder
- 4 small bell peppers (all colours), chopped

- 1 Preheat oven to 150C for 30 mins.
- 2 Place the peppers on a baking sheet and grill for 45 mins. Cut the lids off and remove the seeds.
- 3 Mix together the cheese, olive oil, chilli and black pepper until smooth. Spoon into

bell peppers and grill for 1 hr and 15 mins. Serve hot.

PER SERVING 183 kcals, protein 8g, carbs 10.5g, fat 13g, sat fat 7g, fibre 2.2g, sugar 5g, salt 8g

Artichoke hearts with eggplant cream

SERVES 4 ● PREP 10 MINS ● COOK 65 MINS **Easy**

- 4 artichoke hearts
- 2 medium eggplants
- 25ml fresh orange juice
- 1 tbsp whole-wheat flour
- 2 garlic cloves, finely chopped
- 50g feta cheese
- 1 tbsp Greek yoghurt
- 1 tbsp of olive oil
- A pinch of sea salt
- 1 bunch of dill

1 Preheat oven to 150C for 30 mins and grill the eggplants for 1hr 15mins.

2 Place artichoke hearts in a pan filled with enough water to cover the artichokes. Add the orange juice and boil for 20-25 mins. Remove from the heat and set aside to dry and cool.

3 Remove the skin off the grilled eggplants.

4 Heat oil in a stainless steel pan and add the garlic – sauté for 1-2 mins. Add the eggplants, whole-wheat flour, yoghurt and feta cheese – stir until smooth. Remove from heat and spoon the mixture into the artichokes hearts. Garnish with chopped dill and serve.

PER SERVING 170 kcals, protein 6.4g, carbs 22.4g, fat 7.4g, sat fat 2g, fibre 11.5g, sugar 9.7g, salt 1g

Grilled eggplant with yoghurt

SERVES 4 ● PREP 10 MINS ● COOK 45 MINS **Easy**

- 1 medium eggplant
- 500g Greek yoghurt
- 1 tbsp olive oil
- 2 tsp sea salt
- 2 tsp black pepper

1 Preheat oven to 150C for 30 mins.

2 Grill the eggplant for 1hr 15mins and then slice from top to bottom to remove the insides. Mix the flesh with the Greek yoghurt and drizzle olive oil on top. Season with sea salt and black pepper, mix and serve.

PER SERVING 175 kcals, protein 11.3g, carbs 12.5g, fat 9g, sat fat 4g, fibre 4.8g, sugar 8.7g, salt 2g



Sea bass with pomegranate syrup

SERVES 4 ● PREP 30 MINS ● COOK 45 MINS **Easy**

4 medium-sized sea bass

1 garlic clove

A bunch of parsley, finely chopped

6 tbsp vinaigrette

6 tbsp olive oil

4 tbsp pomegranate syrup

A bunch of dill

4 tsp sea salt

4 tsp black pepper

Two handfuls of fresh pomegranate seeds

1 Preheat oven to 175C.

2 Flip each sea bass so it is lying belly up. Open the incisions and place a handful of parsley inside. Place the garlic into the centre of each fish, near the parsley.

3 Line a baking tray with parchment paper and place the fish on it. Season and cover each fish with a thin layer of vinegar and olive oil. Cook for 40 mins, drizzle pomegranate syrup on top and continue cooking for 10 mins. Garnish with finely chopped dill and pomegranate seeds.

PER SERVING 398 kcals, protein 19.5g, carbs 12.5g, fat 30g, sat fat 2.1g, fibre .1g, sugar 11g, salt 4g



Turkish semolina halva

SERVES 4 ● PREP 20 MINS ● COOK 30 MINS **Easy**

400g semolina

350g white sugar

450ml skim milk

2 tbsp pine nuts

2 tbsp unsalted butter

100ml corn oil

4 tbsp vanilla ice cream

4 cinnamon sticks

1 In a large saucepan, mix the butter and oil gently on high heat. Add in the pine nuts and stir to make it slightly darker in colour. Reduce the heat and add the semolina. Stir until it absorbs all the oil in the pan.

2 In a separate bowl, mix together the sugar and milk until the sugar dissolves. Add the milk mixture to the semolina pan, and stir gently until all the semolina is mixed with milk. Cover with a lid and keep the pan on the heat until all the milk is absorbed. Set aside for 30 mins and serve with a cinnamon stick and scoop of ice cream.

PER SERVING 1,032 kcals, protein 17g, carbs 168g, fat 34g, sat fat 7.8g, fibre 3.5g, sugar 95.5g, salt .1g

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Truck stop!

In an innovative move to bring its culinary expertise to the people, the Four Seasons hotels group has introduced a new Food Truck concept that takes menus created by local hotel chefs to the streets. Having had a successful run on the culinary epicentres of the US west coast last year, the truck is now travelling through nine cities on the East coast, including Philadelphia and Boston, spending six days in each. With the imminent launch of the first Four Seasons hotel in Dubai-town this year, we're wondering if we'll get to see some of these cool ideas brought to our shores!



The newly opened Hamad International Airport in Doha is set to make itself the transit destination of choice, with an array of dining and shopping options, plus a lounge to impress even the most jaded of travellers. The luxe business class lounge not only comes with iPad stations, game rooms and snooze pods, but an array of fresh dining options. Outside the lounge, there are over 30 cafés and restaurants to choose from. Our pick? Marmalade Market, a home-grown gourmet food shop stocking delectable finds from around the world!

Text: SUPRISHNA GHOSH | Photographs SUPPLIED

TASTE OF THE world

All the foodie news from around the globe.



GASTRO-PLEASURES IN GREECE

If you love food and wine, then this is where you need to be between November 11-16 – enjoying the best of harvest season in the Peloponnese. A five-night retreat at the Amanzoe resort will see you visiting local cheese farms, wineries, markets and olive oil presses, just as the grape and olive harvest season begins, while enjoying the ultimate luxury of the classic Greek-style resort overlooking the Aegean sea. Every evening, you can see the foodie activities of the day brought to life by the chefs in the form of gourmet dinners prepared using straight-from-the-market produce, fresh seafood, and local game, all washed down with award-winning wines. The package includes a luxe spa treatment, unforgettable views of the rolling hills of the Argolida region come free! Prices from €6,100 (around Dhs28,400) for five nights for two, www.amanresorts.com.

Scandi-licious!

There's nothing quite as trendy as Scandinavian cuisine at the moment, so if you'd like to get to the heart of the matter, then make a beeline for the quirky new Miss Clara hotel in the heart of Stockholm. The eponymous restaurant, helmed by well-known chef Danny Guest, serves up classic-with-a-twist Swedish dishes, made using fresh, local, and seasonal ingredients, with a free-from-additives approach to the menu – think porchetta of Swedish pig with caramelised fennel and watercress, and gluten-free, agave-sweetened carrot cake. With atmospheric alfresco seating in the hotel's chic, designer setting, and creative science-inspired cocktails on the menu too, this is making it right to the top of our hot tables right now! Room rates start from SEK 1290 (around Dhs650), www.designhotels.com/hotels/sweden/stockholm/miss-clara.



La Dolce Vita in Dubai

The Italian Cuisine World Summit is back again for its sixth edition, from November 7-10, and diners in Dubai are in for a treat as Michelin star-and celebrity-chefs flock to the emirate to show us what Italian cuisine is all about.



THE BIG EVENTS

1001 NIGHTS OF ITALIAN CUISINE: NOVEMBER 7

The summit will launch with a gala opening party at The Rixos Hotel, where over 30 Michelin-star Italian chefs will showcase and promote the cuisine, along with chefs from the region. Tano Passami, Claudio Sadler and Tommaso Arrigoni, are some of the renowned chefs who will be presenting exclusive creations on the night.

THE PIAZZA GRANDE FOOD SHOW: NOVEMBER 14 AND 15

The Dubai Polo and Equestrian Club will spring to life with music, entertainment, food tastings and competitions like Casinetto's Best Pizza in the UAE, Lavazza's Espresso Contest – Best Espresso in the UAE, and the Risotto World Contest. Visitors to the event will also get a chance to watch three acrobatic pizzaiolos in action.

THE NIGHT OF THE SEVEN STARS: NOVEMBER 19

This charity dinner, hosted by the Italian Consul General, will see four guest chefs with a total of seven Michelin stars between them (to match the number of emirates in the UAE) stunning diners with their creations at Armani Ristorante. The evening will bring together fashion, food and Italy's finest wine in one venue.

THE SPECIALTY FOOD FESTIVAL: NOVEMBER 9-11

The Italian Cuisine World Summit will have a stand at the festival where celebrity chefs will be conducting cooking demonstrations. Stop by to watch the action and sample culinary creations.

Italian cuisine is not just pizza and pasta. In fact, the Italians don't like associating the cuisine with just those foods, as it's much more than that – the cooking techniques, fresh produce, and way in which the ingredients are used. The Italian Cuisine World Summit is a two-week international long celebration of all things Italian being hosted in Dubai, and comprises of master classes, events and restaurant promotions. Here's all the information you need to know to get your Italian food fix this month.

HONE YOUR SKILLS

Looking to sharpen your Italian cooking skills, or to pursue a career as a chef?

Here's your chance to enroll in masterclasses, whether just a single one or a package – conducted by guest chefs – and get a qualification too.

GET CERTIFIED

The Professional Italian Cooking Certificate of Proficiency is a comprehensive course on Italian cooking which will be taking place at The Emirates Academy of Hospitality Management. Some of Italy's best known celebrity chefs like Giorgio Locatelli, among others, will be teaching students about pasta, bread, risotto, antipasti, classic Italian techniques for main course dishes, the secrets behind the perfect gelato, sorbet and semifreddo, and Italian grills. So you will leave not only with hands-on experience and tips, but also a great understanding of produce and cooking methods. The course takes place over seven days from November 8-14, and 15-21, and includes a graduation ceremony as well. For Dhs9,500 per person. A single class is available from Dhs250 and includes lunch.

BECOME A TRUFFLE CONNOISSEUR

Truffles are quite an expensive mushroom to work with, and not to forget absolutely divine with Italian food. But if you shave it, or use it wrong, you risk ruining it. If you want to know more about truffles, read our feature on p81, or attend the masterclass to watch cooking demonstrations, learn about truffle and wine pairing, and find out how to buy the best truffles and use them. Massimo Vidani from Italtouch (one of the main distributors of truffles in the region), Italian food writer Luigi Cremona, truffle hunters, and sommeliers, will bring their knowledge to the table in a 12-hour course which takes place over four sessions. Dhs2,500 per person on November 8, 13, 17 and 19.



WATCH OUT FOR

Some of the celebrity chefs who are part of this year's summit include:

NICO ROMITO

The founder of Ristorante Reale in Castel di Sangro is a self-taught chef, and the educational director of Niko Romito Formazione (a culinary academy). Niko's father owned a pastry shop which he turned into a restaurant, and from thereon began Niko's career. He focuses on seasonal, high-quality ingredients in dishes, all prepared with contemporary techniques. Learn all about antipasti at his masterclass on November 8.



CLAUDIO SADLER

He is known for his innovation with regional Italian cuisine and has worked as a gastronomic consultant for a number of food brands. The chef and cookbook author is also one of the founders of the Jeunes Restaurateurs d'Europe, an association for young chefs in Europe, and Q.B. centro di cucina enogastronomica (a culinary school), and is at the helm of a number of Michelin-starred restaurants. Catch him at the Dry pasta masterclass on November 9, at The Emirates Academy of Hospitality Management.



TOMMASO ARRIGONI

This Italian chef graduated from Port Charles School in Milan and stepped foot into popular establishments in Liguria and Sardinia. He has worked at Claudio Sadler's Michelin-starred restaurant in Milan, and is known for his TV appearance on Detto Fatto on Rai Due TV channel. Tommaso will be creating something spectacular for the 1001 Nights of Italian cuisine event.



GIORGIO LOCATELLI

The Italian chef based in UK has had a passion for food ever since he was a child – his family ran a Michelin-starred restaurant in Italy. With several cookbooks and TV shows under his belt, Giorgio has helped make the Locatelli brand a household name. He will be at his restaurant Ronda Locatelli, Atlantis The Palm, from November 16-19.

VISIT WWW.ITCHEFS-GVCI.COM FOR MORE, AND ALSO FIND UPDATED INFORMATION ON WWW.BBCGOODFOODME.COM.

Chicken Masterclass

Our latest Food Club event in association with Tegel chicken, held at the Spinney's kitchen last month, saw Mark Ward, Executive operations chef at Emirates Leisure Retail, demonstrating three delicious chicken dishes. Members also learnt about the importance of quality when it comes to cooking with chicken, and taste the difference as they sampled the dishes. A few lucky winners got to take home raffle draw prizes, while everyone left with goodie bags containing Tegel chicken products.



Tender and delicious!

Sous vide corn-fed chicken thigh pesto skewers with pearl barley in tomato sauce

SERVES 4 • PREP 30 MINS

• COOK 1 HR 30 MINS **Easy**

1kg corn fed skin on chicken thighs
3 garlic cloves, finely chopped
80g white onions, finely chopped
400g tomatoes, chopped
150g pearl barley
80g cherry tomatoes, cut in half
1 tbsp small capers
2 tbsp fresh oregano, chopped
20ml olive oil
200g pesto
A pinch of salt and pepper
8 wooden skewers

1 Soak the skewers in cold water for 30 mins.
2 Cut the chicken thighs into 2.5cm squares and place in a sealable bag in a single layer. Vacuum seal and cook in a water bath at 65C for 90 mins. You could put the chicken in a pan on the stove, and add hot or cold water to heat or cool down – keep temperature at 65C.
3 Add onions and 1 garlic clove to the pan, and cook until softened – do not let it change colour. Add the barley and stir for 2 mins, followed by the stock. Bring to a boil, cover and simmer for 20 mins. Drain and set aside.
4 Combine the tomatoes, cherry tomatoes, garlic, capers and olive and simmer for 20 mins, stirring occasionally until thickened. Add the cooked barley, fresh oregano and season.
5 Divide the chicken between skewers with the skin facing the same direction. Sear skin side down, in a hot dry pan until golden. Brush each with pesto and serve with the warm barley.

PER SERVING 962kcal, protein 54g, carbs 71g, fat 50g, sat fat 7.75g, fibre 14g, sugar 5.3g, salt 2.5g



Chef Mark sharing his culinary expertise

TIP If you do not want to cook sous vide, you could barbecue the chicken skewers or cook them in the oven. ▶

Slow roast chicken with Yorkshire puddings

SERVES 4 • PREP 30 MINS

• COOK 4 HRS **Easy**

2kg whole corn-fed chicken
50g salted butter block, sliced into two 25g slabs
50ml sunflower oil
3 carrots, 3 parsnips, 3 large potatoes, to serve with
240ml gravy (optional)
FOR THE YORKSHIRE PUDDINGS
140g plain flour
4 large free-range eggs
200ml full fat milk
A pinch of salt and pepper
60ml sunflower oil

1 Pre heat the oven to 110C.

2 Whisk together the flour and eggs until smooth, and gradually add the milk, whisking until there are no lumps. Season with salt and pepper and refrigerate for 1 hr.

3 Carefully remove the wishbone from the roast chicken and French trim by making a cut perpendicular to the bone and through the skin (2.5cm away from the end of each leg). Continue the incision around the bone to release the skin and using the back of the knife, push the skin towards the end of the bone and cut off the joint of each leg leaving a clean and tidy bone (this is optional, but it helps the heat move into the thigh meat). Wrap the legs in foil.

4 Slide the butter slabs under the skin of each breast and place in a lightly oiled roasting tray. Season and cook for 2-2 ½ hrs or until it

reaches 71C on a thermometer. Set aside to rest for 30-45 mins.

5 Brush the chicken with a little sunflower oil and place under the hot grill in the oven for 5-6 mins, or fry, until the skin turns golden and crispy.

6 Increase the temperature to 190C.

7 Pour 5ml sunflower oil into each Yorkshire pudding tin and place in the oven for 5 mins. Pour the batter in until it reaches about ¾ of each pudding cup. Cook for 20 mins, and open after to release all the steam. Close the door and reduce the heat of the oven to 170C, and cook for a further 10 mins.

8 Serve the Yorkshire puddings with the roast chicken, roasted vegetables and gravy.

PER SERVING 1,155 kials, protein 68g, carbs 77g, fat 63g, sat fat 20g, fibre 10g, sugar 10g, salt 1.3g >>





Add a chef-y touch to baked chicken with foam, it's so easy to make!

Slow baked corn-fed chicken breast with caramelised onions, warm broad beans, baby potato salad and a light vinaigrette

SERVES 4 ● PREP 45 MINS ● COOK 2 HRS **Easy**

- 4 corn-fed chicken breasts (with skin on)
- A pinch of salt and pepper
- 300g white onions, peeled and thinly sliced
- 50ml sunflower oil
- 1kg baby potatoes
- 200g podded broad beans
- 50g fresh chives, finely chopped
- 235ml French salad vinaigrette
- 3g lecithin powder (optional, for foam)

- 1 Pre heat the oven to 100C.
 - 2 Place the chicken skin side down on a lightly oiled baking tray, and season lightly. Cover with a thick, even layer of the onions and bake for 1 ½-2 hrs or until the core reaches 71C.
 - 3 Cook the potatoes in salted boiling water until tender. Leave to cool, and quarter.
 - 4 Blanch the broad beans in boiling water for 1-2 mins, then skin.
 - 5 Combine the beans, half of the vinaigrette and fresh chives and season before setting aside.
 - 6 If making the foam, blend the remaining vinaigrette and lecithin powder with a hand blender until it foams up.
 - 7 Heat a sauté pan over high heat and add the oil. Sear the chicken skin side down until it becomes brown and crispy – about 2-3 mins. Remove from the pan and cook the onions in the same oil on medium heat, until it caramelises – 3-4 mins. Slice the chicken and serve with the salad, caramelised onions, and foam, if you like.
- PER SERVING 805 kcs, protein 45g, carbs 83g, fat 20g, sat fat 3g, fibre 14.5g, sugar 7g, salt 1.1g

SNAPSHOTS FROM THE EVENT

Editor Sudeshna welcomes the Food Club members



Alastair Cullwick from Tegel tells guests about how they ensure the quality of their chicken



Chef Mark shared tips on working with chicken



All eyes on the chef!



Mouthwatering samplers were served



One of the five lucky winners who each won a cookbook from New Zealand's top chefs



Tegel, a range of premium chicken and cuts from New Zealand, offers natural fresh and frozen produce that is low in fat, free from added hormones, and high in protein. The line also includes corn fed and free range chicken, stuffed chicken breasts, and ready to eat grills.

Want to be a part of our next Food Club event? Then sign up for a Premium membership (details on p120) to get priority confirmation. You can also like us on [facebook.com/bbcgoodfoodme](https://www.facebook.com/bbcgoodfoodme) and follow us on twitter.com/bbcgoodfoodme to get all our latest updates and join the foodie conversation!



**One lucky winner
can win a
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inclusive of
breakfast, an
indulgent dinner,
and a spa treatment.**


The downtown area is home to a number of luxurious hotels, with the Sofitel Dubai Downtown being the newest addition. Offering stunning views of Sheikh Zayed Road, striking architecture and elegant décor, this hotel is ideal for those who want to be close to all the

urban attractions. To relax on this mini-break, you can head to the spa, laze on a lounge, or take a dip in the swimming pool surrounded by lush lawns. The plethora of restaurants at this chic hotel include Les Cuisines (International), The Green Spices (Thai), and The Red Grill (steakhouse), while The 31, Mosaic Pool and Lounge, and Above, are some of the lounge destinations.

One lucky winner can enjoy a two-night stay for two in a Junior Suite, along with breakfast at Les Cuisines, dinner at The Red Grill and The Green Spices, and a rejuvenating couple's spa treatment.

Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

How many restaurants are housed at Sofitel Dubai Downtown?

Scan this QR code
to go straight to
our website. 



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



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include a swimming pool, steam, sauna, jacuzzi, squash courts, Zen the spa, and a fully equipped gym to suit all needs. To sate hunger pangs, make a trip to the all-day dining restaurant, Zest, Mina Zaman for traditional Lebanese fare with entertainment, or popular Polynesian French restaurant, Trader Vic's.

One winner can take their partner along to the hotel for a two-night stay in an Exclusive Premium room, inclusive of breakfast and a foot massage for two adults. The winner can also invite two other friends to enjoy lunch for four at Trader Vic's, and dinner for four at Zest, as part of the prize package.



Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

When did Zen the spa at Al Ain Rotana receive the World Luxury Spa award?

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Discount: 25% off F&B at all outlets
www.danathotels.com/JebelDhanna

SANDS HOTEL

This Abu Dhabi hotel's restaurants include LaPiazza, Harvesters Pub, Chequers, Tipar Bar, Cappuccino Royal Café and Pool Corner.

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An authentic Thai restaurant in Jumeirah.

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TILAL LIWA HOTEL

Located amidst secluded dunes off the Rub Al Khali desert, the hotel's restaurants are Al Badiya, Layali Bar, and Al Liwan.

Discount: 25% off F&B outlets
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DHAFA BEACH HOTEL

Enjoy discounts at this beachside getaway's restaurants Mayadeen and Al Hana.

Discount: 25% off F&B outlets
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*Terms & conditions apply. View full list of partner outlets on our website.

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Competitions

Fabulous prizes, from dining vouchers to event passes, up for grabs.



WIN! BRUNCH FOR FOUR AT LE CLASSIQUE, EMIRATES GOLF CLUB, WORTH OVER DHS1,450.

Take three friends along to the French Friday brunch, and tuck into traditional French delights like escargot, pan fried foie gras, and mussels mariniere, as well as sharing style platters of smoked salmon, and octopus salad, among other delights. Listen to live music playing in the background, while indulging in desserts and cheeses from the dedicated counters.

WIN! SATURDAY LUNCH VOUCHERS FOR TWO AT POSITANO, JW MARRIOTT MARQUIS DUBAI, WORTH OVER DHS900.

Two adults and a child can enjoy a leisurely Italian lunch on Saturday. Antipasti, pasta, pizza, and roast or fish are part of the gourmet offerings at this stylish Italian restaurant.



WIN! PICNIC BRUNCH FOR TWO AT BLADES, AL BADIA GOLF CLUB, WORTH DHS750.

One winner can take a dining partner to this exciting brunch, where you get a picnic basket chockfull of delicious treats, to enjoy while relaxing on the lawn overlooking the Al Badia Golf Course. There's no better way to dine alfresco on a weekend afternoon!



WIN! THE BOTANICAL DELIGHT PROGRAMME FROM DETOX DELIGHT, WORTH DHS1,500.

Three lucky winners can try the programme worth Dhs500 each, which comprises of three vegan meals and two detox juices. The botanical delight menu features easy to digest, nutritious dishes that are free from gluten, and artificial additives, to help detox your body and kick-start a healthy eating regime.

WIN! A BREVILLE MULTI-CHEF COOKER, WORTH OVER DHS500.

One lucky winner can win this one-pot gadget that's ideal for professional and novice cooks. The appliance combines a 3.7 litre slow cooker, a 10-cup rice cooker, risotto maker, and steamer all in one handy piece, to help you make your favourite dishes without much effort. You can also sauté and sear ingredients in it, and prepare soups and casseroles – ideal for make-ahead meals in large batches.



WIN! A DINING VOUCHER AT MAZINA, THE ADDRESS DUBAI MARINA, WORTH DHS500.

Those who love seafood and steak will get a chance to enjoy the Steak and Sushi night on Thursdays, at this all-day dining restaurant. A selection of high-quality meat is available on offer, to be cooked to your liking, along with freshly made sushi.

To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.


*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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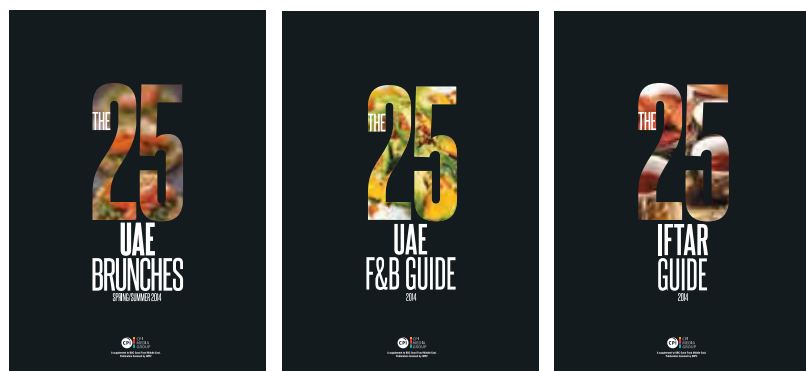
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28-year old **RUPAL BHATIKAR** is the blogger whose posts you can't help but like on Instagram when you come across them, as the Indian national from Goa documents every meal she eats. The founder of cookery blog, Foodienfabulous has lived in the UAE for almost five years, currently residing in Abu Dhabi. Rupal's day job is as a Brand Manager and she can be found reading, snapping pictures of dishes at restaurants, and planning her travels, in her spare time.

Meet the blogger

Helping you connect to the region's foodie community, one blog post at a time.

About the blog

✳ **Foodienfabulous.com** was launched in 2013 to document foodie finds from around the globe, as well as successful experiments in the kitchen. I also feature traditional Goan recipes on the blog, and share my dining experiences in the UAE. The blog captures the essence of my love for all things related to food – the joy that comes from one bite of scrumptiousness, either making it or finding it!



On a menu, my eyes always gravitate towards oysters, clams and lobster, as the way a restaurant executes it, sets it apart from other restaurants.

Culinary icons

Definitely my mother, because she taught me that love really is the secret ingredient to good food! If you love cooking, you are bound to make something that will leave an impression on people's tastebuds.

“Dunking a cookie or digestive biscuit in my coffee is a childhood habit I've never grown out of!”

My inspiration stems from:

Markets! Nothing is more inspiring than a trip to the local market, to pick fresh, seasonal ingredients, and plan your week's menu around it! Our Friday morning starts with a trip to local markets either in Deira or Karama when in Dubai, and Mina Port in Abu Dhabi.

A chef I'd like to dine with

Anthony Bourdain!
I'd love to hear about his wild travel escapades and would cook him a traditional Goan meal of rice with fish curry, prawn pickle and a side of greens. We'd end the meal with caramel custard.

FONDEST FOOD MEMORY

I've been cooking with my mum ever since I was five. I used to stir dishes, add ingredients and share anecdotes along the way.



My favourite dessert

Sweet sticky rice and Thai mango – a bite of this tropical treat takes me back to dining by the beach in Thailand.

TIPS FROM MY KITCHEN

✂ When cooking Indian food, a teaspoon of raw sugar perfectly balances all the spices and brings together all the flavours.

✂ When buying fish, check that the eyes are clear and the body or flesh is firm, to ensure they are fresh.



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